5 Ways To Get Involved

Take Charge of Your Health

Know the signs of a heart attack
Visit your family practitioner and get a check-up
Live healthier by trying new heart-healthy recipes and exercises

Learn CPR

◆ Watch the Hands-Only CPR video and share it on social media with 5 friends – one minute can save a life.
◆ Find an Instructor-led CPR course near you.
◆ Give a CPR Anytime Infant kit to a new parent or grandparent in your life.
◆ Organize a CPR training session within your community.

Advocate

◆ Go to BeCPRSmart.org and Pledge your Support.
◆ Approach a local business to purchase a CPR in Schools Training Kit for your child’s school or purchase an Automated External Defibrillator (AED) for a school or community center.
◆ Host a fundraiser to purchase CPR Anytime Kits or AEDs for an organization in your community.

Social Media

◆ Post the CPR Week Image as your Twitter or Facebook profile picture from June 1-7.
◆ Post a photo of you and your family on Instagram using the tags #CPRwithHeart.
◆ Honor a survivor of cardiac arrest on Facebook by linking to the Hands-Only CPR video.
◆ “Like” the AHA CPR First Aid Facebook page, @AHACPR and Twitter page, @HeartCPR.
◆ Recognize someone who has saved a life as a Heartsaver Hero.

Corporate

◆ Print the CPR Week Cubicle Sign.
◆ Post or Print the CPR Week sign.
◆ Ask Human Resources to add CPR Anytime to your employee wellness program.
◆ Ask your employer to purchase an AED for your workplace.
◆ Start a corporate challenge to see which department can train the most people in CPR.
◆ Host a viewing party with healthy snacks and show the Hands-Only CPR video.