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 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
- Host a fundraiser to purchase CPR Anytime Kits 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
- 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
- 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

CPR week is June 1-7 | To learn more, visit heart.org/handsonlycpr | #CPRwithHeart

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