

Take HeartTM Anoka Co.

Sudden Cardiac Arrest Survival Initiative



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It's time for a new approach to saving lives

Each year, an estimated 300,000 Americans die from sudden cardiac arrest - more than car crashes, firearms, house fires, AIDS, and breast, prostate and colorectal cancer combined. What's more, this top killer can strike anyone, at any age, even without warning.

Take Heart brings doctors, nurses, paramedics, community leaders and people like you together in a new program designed to dramatically increase the number of people who survive.

www.takeheartamerica.org



Learn CPR



Look for AEDs and know how to use one



Take a CPR class through your local community center, hospital or school. Use the CPR Anytime kit for at-home CPR training for the entire family. Share CPR Anytime with relatives, friends and neighbors. Encourage groups that you participate in to host a CPR party. CPR is easy to learn, easy to remember and can 'Save a Life'.



Automatic External Defibrillators are easy to use by following the voice prompts. AEDs are placed in all types of public places. Look at the places you go where people gather. Are there AEDs? Encourage placement of AEDs in any public building.

**Sudden Cardiac Arrest can happen anytime,
anyplace, to anyone - young or old.
Everyone should know CPR.
AEDs should be where we live, work and play.**