



Preparing Our HeartSafe Home



For Our Home: _____

Make sure our home address is visible so emergency responders can find us quickly!

Mailbox markings are not enough!

- Post the address clearly and prominently at the end of the driveway **AND** on the home.
- Use a reflective or illuminated material so the address can be seen at night as well as during the day.
- Use **large** numbers that contrast with the background.
- Make sure the numbers on the sign can be seen from all directions.
- Clear obstructions like shrubs, trees, or decorations

Everyone at home should know the home address!

When we call 911, we need to be prepared to answer the questions of the call taker.

They will ask for the location of the emergency.

- Everyone should review the address, room/apartment number, or building number, city and township

- Everyone should know the nearest major intersection, if applicable

- Write the address on paper and post it where everyone in the home can find it

911 Call Preparation

- When we call 911, we have to stay calm and LISTEN to the call taker and follow their directions

- We need to answer all the call taker's questions

-Where is your emergency?

-What city or township are you in?

-What are the nearest cross-streets?

-Tell me exactly what happened?

-Are you with him/her/they now?

-How old is he/she/they?

-Is he/she/they awake?

-Is he/she/they breathing?

To learn more about 911 calls, please visit heartsafehome.org



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Medication and Health History

- Write a list of current medications each household member is taking. This is important information for emergency responders and the hospital.
- The medication list should include:
 - *name of the medication*
 - *amount you take*
 - *number of times you take it each day*
- Write a list of any allergies for each household member
- Write a list of health problems for each household member. This list will help the care team take better care of you in a medical emergency.
- Contact the local fire department or emergency medical services provider to determine if they have a preferred system for our home to use (ex: File of Life)

Cardiac Arrest Requires a RAPID Response

- Every household member should know the steps to a RAPID response in case of sudden cardiac arrest at home
- R)** Recognize cardiac arrest - Not breathing normally and not conscious;
- A)** Activate the emergency response system - call 911 and (if you have an extra person) send someone to obtain an AED
- P)** Place hands on the center of chest.
- I)** Immediately start hands-only CPR.
- D)** Defibrillate (if available). When the AED arrives, apply the pads and follow its instructions (*Defibrillators may not be available at home but first responders will have one and use it. You should continue CPR until the AED arrives*)
- For more details about what to do in case of cardiac arrest emergency, please visit heartsafehome.org

Hands-only CPR

CPR saves lives! Less than 10% of people who suffer out-of-hospital cardiac arrest survive. Hands only CPR can double or triple a person's chance of survival.

- Everyone should practice hands-only CPR. We can learn it from this video: tinyurl.com/handcpr
- Attend at least one community CPR training or get certified
- When performing hands-only CPR, pump to the beat, push down HARD and FAST in the center of the chest, and make sure the chest comes all the way up between pumps!



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- Pick a song you like from the American Heart Association's Don't Drop the Beat playlist. They're all 100-120 beats per minute (the perfect rate for CPR!) tinyurl.com/dontdropthebeat

Interacting with Emergency Responders

For life-threatening emergencies, police officers, firefighters, or paramedics could arrive to help. We need to be prepared to let them in and work to save our loved one.

- Be prepared to answer questions about our loved one's health
- Move our pets aside or put them in a separate room
- Clear space for the emergency responders to work

Staying Calm in an Emergency

Home emergencies are stressful. Learning to stay calm can have a big impact on our ability to manage a crisis.

- Have conversations at home about our feelings before, during, and after an emergency
 - Seek professional help if feelings of stress, anxiety or grief persist for several days or interfere with everyday activities and relationships.
 - Listen to family, friends, and neighbors to help them cope with their stress or grief to help make our community stronger.
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