Preparing Our HeartSafe Home

For Our Home: ________________________________

Make sure your home address is visible so emergency responders can find you quickly!
*Mailbox markings are not enough!*

☐ Post address number clearly and prominently at the end of the driveway and on the home.

☐ Post numbers on both sides so they can be seen from all directions.

☐ Use large white reflective numbers (minimum 3 inches high) on a dark background.

☐ Use a reflective material or lights so that your home address can be seen at night as well as during the day.

☐ Do not allow shrubs, trees, or decorations to block your address.

Make sure everyone at home knows the home address!
*When you call 911, you need to be prepared to answer the questions of the dispatcher. They will ask for the location of the emergency.*

☐ Everyone should review the address, room/apartment number, or building number, city and township. Write the info below for reference:

____________________________________________________

____________________________________________________

____________________________________________________

☐ Everyone should know the nearest major intersection, if applicable. Write the info below for reference:

____________________________________________________

☐ Write your home address on a piece of paper and post it somewhere where everyone in the home can find it.

Learn about making a 911 phone call
*When you call 911, it’s important to stay as calm as possible, listen to the dispatcher, and follow their directions.*

☐ Be prepared for questions you might get from the dispatcher after you call 911. Some examples are:

- Where is your emergency?
- What is your emergency?
- What city or township are you in?
- Tell me exactly what happened?
- Are you with them now?
- How old are they?
- Are they awake?
- Are they breathing?

To learn more about 911 calls, please visit HeartSafeHome.org
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Write down medication and health history

Post your list at the same spot as your home address and HeartSafe Home Plan.

☐ 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 your home to use (ex: File of Life).

Prepare for a RAPID response to cardiac arrest

☐ Every household member should know the steps to a RAPID response in case of sudden cardiac arrest at home

R) Recognize the signs of cardiac arrest – someone not breathing normally and not being conscious.

A) Activate the emergency response system – call 911 and, if you have an extra person, send someone to get an AED.

P) Place your hands on the center of their chest.

I) Immediately start hands-only CPR.

D) Defibrillate, if available. When the AED arrives, apply the pads and follow the instructions *(Defibrillators may not be available at home but first responders will have one and use it. You should continue doing CPR until the AED arrives).*

For more details about what to do in case of cardiac arrest emergency, please visit HeartSafeHome.org

Learn hands-only CPR!

*CPR saves lives!* Less than 10% of people who have an 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. You 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

Prepare to interact 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 your loved one.

☐ Be prepared to answer questions about your loved one’s health.
☐ Move your pets aside or put them in a separate room.
☐ Clear space for the emergency responders to work.

Learn about strategies to handle your emotions
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 your feelings before, during, and after an emergency.
☐ Get professional support (from a social worker, counselor, or therapist) if your feelings of stress, anxiety or grief last 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 your community stronger.