



# 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:

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

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- 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 city or township are you in?
-What are the nearest cross-streets?	-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](http://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](https://www.heart-safe-home.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](https://www.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](https://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.
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