



Deputy Heart Attack Program & Early Heart Attack Care (EHAC)

Training Your Community - Health Fairs, School Groups, etc.

Early Heart Attack Care (EHAC) Quick Training:

Training your community:

If you are training within your community, you might not have a lot of time with your audience. Here is a quick training guide for health fairs, school groups, etc.

1. Communicate the three main educational points:
 - a. Heart attacks have beginnings. Symptoms can begin about 2 weeks prior to a major event. This is the window of opportunity to prevent death and minimize heart damage.
 - b. Heart Attack deaths kill 800,000 people per year in the US, but we can cut that number by 50% if people will learn the signs & symptoms of Early Heart Attack Care (EHAC).
 - c. If you suspect someone is having a heart attack, be a Good Samaritan and get them to medical care as soon as possible.
2. Share the early signs and symptoms in the graphic.
3. Administer the EHAC Oath to the audience.

"I understand that heart attacks have beginnings that may include chest discomfort, shortness of breath and/or arm pain, and weakness. These may occur hours or weeks before the actual heart attack. I solemnly swear that if it happens to me or anyone I know, I will call 9-1-1 or activate our Emergency Medical Services."
4. Hand out the "Heart Attacks Have Beginnings" badge to the new deputies.
5. Congratulate them on saving a life!
6. If you registered your deputies at your event, complete the EHAC Registration Form and submit it to us at community@scpcp.org so we can add it to the EHAC counter!

