



## 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](mailto:community@scpcp.org) so we can add it to the EHAC counter!

