



Böke Kallimur eo an EHAC Pledge™

I mejele ke nañinmej in menono ej jinooe kōn akeke ubom, kajjinōk, menokadu, metak aerā/pāim laltak, im mōjño. Men kein remaroñ waļok awa ļok ñan wūk mokta jān an metak ob eo bōk jikin. Ij kajje ilo aō kallimur ke ñe enaaj waļok men kein ñan ña ak ro ijela kajjeer, Inej kūrļok 9-1-1 ak kairūj rijerbal ro an Emergency Service.

Etam _____ Raan _____

Loļok dha.acc.org ñan mejele ko relļapļok kōn nañinmej in menono im kōlen bōbrae.



Pād Aenōman! Kōmour Armej

Ñe kwonaaj likjab in loe kakōļļe ko jinoin tata ak ewōr en eōqjak, kūrļok 9-1-1 im jinooe kōjerbale peim im baṃ e ubōn. Jejo wōt minit in ekkatak kilen bōtab kwomaroñ kōmour juon armej. Kōjerbale AED ilo iien eo emōkaj tata. AED enej make kōnono im leļok naan in kemejele ñan armej eo ej elleļok jipañ.



Aujpitōļ ko Ewōr aer Credit

Aujpitōļ ko eļap aer kate er bwe en wōr aer credit ñan erom jikin lale nañinmej in metak oḅ ak ACC Chest Pain Center. Kobalok ippen kōkmanmanļok jerbal ko bwe en emmanļok ājmour, aujpitōļ kein rej katakin jukjuk in pād ko bwe ren jeļā kōn wāween aer mōkaj ñan bōbrae nañinmej in menono (Early Heart Attack Care). Etke? Kōnke aujpitōļ eo am ej kate kōjbarok mour ko an armej im rejeļā ke aer letoleta mejele ikkijien bōbrae jān nañinmej in itunabōj in aujpitōļ enaaj kōṃṃan bwe en ļapļok joñan rimour.

Download e pepa kein ewōr mejele e kōn EHAC:

Loļok: <https://www.healthy.arkansas.gov/programs-services/topics/stemi-advisory-council-stac>

Loļok: <https://dha.acc.org/ehac-training-your-community.html>



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EHAC KWAR KE JEĻĀ?

HEART ATTACKS
HAVE
BEGINNINGS...

- Äinwōt bar nañinmej ko jet, nañinmej in menono ewōr kakōļļe ko renaaj waļok jinoin tata.
- “JINOIN TATA” KEIN RENAAJ PĀD IPPEN **50% IN RINAÑIMEJ RO**



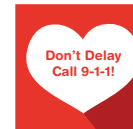
Ekkatak Kōlen Mōkaj Bōbrae Nañinmej In Menono

- Ekkatak ta jain im kakōļļe ko
- Böke Kallimur eo an EHAC Pledge im kakūr mool ke kwonaaj kōṃṃane



Kōjbarok Juon Jān Heart Attack

- Ekkatak ta ko renej likūt juon ilo kauwōtata
- Jeļā ta oktak ko kōtaan emmaan im kōrā
- Heart attack ke? Jeļā ta kakkōļļe ko rej waļok im epen loe



Kōmour Juon

- Ñe ewōr eōqjak ak eļootļak, kajju kūrļok 9-1-1
- Kōjerbale peim im baṃ e ob (Hands-Only CPR) eo an armej eo
- Bukōte e AED eo (Automated External Defibrillator) im kōjerbale



Ta in EHAC?

Early Heart Attack Care (ak EHAC) ej ekkatak ko lewaj ñan kwe ikkijjen jeļā kile kakōļļe ko jinoin tata an juon heart attack. Etke? Kōmij kōnan bwe kwon bōke ijo kunaam.

- Ewōr joñan in 750,000 armej ro ilo U.S, rej kijoñ heart attack aolep iio. Ibwiljijn joñan in, ewōr 116,000 armej rej mej.
- Bwijin iian rinañimej rein rej kijoñ eñjake ke kakōļļe ko repād ippeir jinoin tata.

Ekkatak kōn

JAIN & KAKŌĻĻE KO JINOIN TATA?

Juon emaroñ kile ke ewōr juon ak lōñļok kakōļļe kein ippen. Ilo jinoin, kakōļļe kein remaroñ jinniñ wōt aer jede ak remaroñ jede im bar jako. Renaaj etal im relukkuun lapļok. *Lukkun waje wōt im jabdewōt iien lale ñe ewōr aer in ob.*



KĀĀLET MOUR
JAB KATTŌR WA. Kurļok **9-1-1**

KWAR KE JEĻĀ?

Awa ko rwo moktata an juon heart attack eļap jorrāān ko renen kōmmane ñan menono eo. Meļeļe ko jān EHAC rej rejañ bwe kwon jeļā jain ko ñe heart attack ej tin jinoe im madmad kiō wōt - **MOKTA JĀN AN JORRĀĀN MENONO EO.**

Ta ko Rekwaļok Kauwatata?

Ereir rej men ko rekwalok kakōļļe. Kōnono ippen taktō eo ippam.

- Ōb eo emetak, aer, ebwil, ejemetaktak ak āinwōt ekāņaak – emaroñ etal-itok men kein
- Ewōr nañimej jn menono ippen baamle eo
- Aibūlat
- Kilep ak Tebu
- Jijjet wōt eļeļok makūtkūt
- Kōjerbal Tōbako
- Nañimej in metabolic, tōñal ak nañimej ko jet
- Ñan kōrā ro, uno in kantūrol bōrōro, pre-eclampsia, tōñal an ribōrōro ak jabwe kar baun ilo iien ļotak.

Ta Oktak Eo? Emmaan vs Kōrā

Ewōr jet kakōļļe ko roktak kōtaan emmaan im kōrā. Etke aurok bwe jen jeļā? Kōrā ro edikļok aer kijoñ takō, im emaroñ kōmman bwe en ļapļok an menono eo jorrāān kadede.

- Emmaan ro ekijoñ metak im mej pā eo ituanmiiñ ak tōrerein ubōn, ak ippen kōrā men kein rekijoñ waļok ilo ituanmōon.
- Kōrā ro remaroñ ļap aer mōk, mōjno, adiboulul ak mōļaņļōñ.
- Kōrā ro remaroñ metak itulōñ in likūer im metak eo ej ettor lōñļok ñan atlal eo.
- Kōrā ro remaroñ lōmņak ke jemetak in lojeir ej itok jān būļu, bwil-milieōñ, ak aljer.

Ta ko Eoktak Aer Waļok Āinwōt Kakōļļe?

Kakōļļe ko me remaroñ oktak ijoko rewaļok ie. Waanjoņok? Rinañimej eo emaroñ jab enjake metak ak aer ilo ubōn. Bōtab kwomaron lale ñe men kein rej waļok:

- Jemetaktak rōt en āinwōt ekkañ in “bakbōk” ñe pokpok ak emenono.
- Metak ilo itulōñ in di eo an atlal eo ak emaroñ bar metak itulal in ānbwinim.
- Epen ak kajjinōk an menono.