



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

Training Your Community:

If you are training 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 two weeks prior to a major event. This is the window of opportunity to prevent death and minimize heart damage.
- b. Every year, approximately 735,000 Americans have a heart attack.
- c. If you suspect someone is having a heart attack, get them to medical care as soon as possible.

2. Share the early signs and symptoms in the graphic.

3. Administer the EHAC pledge 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 and 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@acc.org so we can add it to the EHAC count!

