**SAMPLE EMAIL COMMUNICATION**

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| **FEBRUARY** |  | **APRIL** |  | **MAY** |
| Heart Month |  | Youth Sports Safety Month |  | Physical Fitness & Sports Month |
| **JUNE** |  | **AUGUST** |  | **OCTOBER** |
| CPR/AED Awareness Week |  | Summer/Back to School |  | Sudden Cardiac Arrest Awareness Month |

The safety of our students and staff is very important, especially with regard to Sudden Cardiac Arrest (SCA), considering research shows it’s the #1 killer of young athletes and the leading cause of death on school campuses. One of the biggest misconceptions about SCA is that “it just happens” and there’s nothing you can do to stop it. The truth is that SCA IS preventable—but that doesn't happen by chance.

February is Heart Month—a perfect time to learn about the need for our community to protect young hearts from sudden cardiac arrest.

**What Can You Do?**

When someone is in cardiac arrest, they are NOT breathing and their heart is NOT beating. That means emergency intervention in the first minutes after their collapse is critical. While we do have an emergency response team on campus, no one can guarantee it will be one of them finding someone in need of help.

So, what can you do if that person is you?

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[**WATCH THE CALL PUSH SHOCK VIDEO**](https://www.youtube.com/watch?v=VSXxR5qC-jM)

* Assume someone suddenly collapsed who is unresponsive is not breathing and heart has stopped
* Call for help from those around you who can:
  + Call 911
  + Call the office to report the emergency so they can activate the response team
* Start hands-only CPR – push hard and fast in the center of the chest about 100-120 times per minute
  + Anyone can do hands-only CPR – no certification is necessary
* Send someone to retrieve our automated external defibrillator (AED), located INSERT LOCATION/s
  + Anyone can use an AED – no certification is necessary
  + Open the AED and follow the audio/visual prompts
* Send someone to direct EMS to the scene

April is Youth Sports Safety Month—a perfect time to learn about the need for our community to protect young hearts from sudden cardiac arrest.

**What Can You Do?**

Did you know the sudden cardiac arrest is the leading cause of death among young athletes? It’s California State Law for coaches and sports officials to take Sudden Cardiac Arrest Prevention Training, and for parents and athletes to sign Sudden Cardiac Arrest Information Sheets at the start of each season (just like concussions).

This free, 20-minute training is available to anyone involved in youth sports – including parents, and the SCA information sheets are also available in nine languages.

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October is Sudden Cardiac Arrest Awareness Month—a perfect time to learn about the need for our community to protect young hearts from sudden cardiac arrest.

**What Can You Do?**

Did you know that about 50% of youth had warning signs or family risk factors for a heart condition that went unrecognized prior to their sudden cardiac arrest? You can familiarize yourself with [signs and symptoms of a heart condition](https://epsavealife.org/what-is-sca/warning-signs/) that puts 1 in 300 youth at risk.

[Understand new guidelines for heart screening](https://epsavealife.org/aap-heart-screening-policy/) for all youth during well-child or sports clearance physicals, and be familiar with warning signs and family history that must be brought to the attention of your medical provider.

You can [also take an online cardiac risk assessment](https://epsavealife.org/smart-hearts-cardiac-risk-assessment-activity/) to share with your practitioner. And don’t forget to check in with your medical provider before your youth returns to physical activity (PE, recreation, sports teams) if they’ve had [COVID-19 as the virus can affect heart healt](https://epsavealife.org/heart-health-during-covid-19/)h.

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