**When To Raise Sudden Cardiac Arrest Awareness In Your School Community**

**February**

Heart Month

**March**

National Athletic Trainer’s Month

**April**

National Youth Sports Safety Month

**May**

National Physical Fitness & Sports Week/Month

**June**

CPR/AED Awareness Week

**July**

National Youth Sports Week

**August**

Back to School

**October**

Sudden Cardiac Arrest Awareness Month

**SAMPLE EMAIL COMMUNICATION**

Sudden Cardiac Arrest (SCA) in youth is not a rare occurrence. It is 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 underscore the critical importance for our

community to recognizes the need for sudden cardiac arrest prevention strategies that protect

young hearts.

• Recognize the warning signs of a potential heart condition

• Get a preventative heart screening for your child

• Learn hands-only CPR

• Know where your school’s AED is (the only device that will restart a heart)

• Know the Cardiac Chain of Survival

* Early recognition of SCA
* Call 9-1-1
* Begin CPR immediately
* Retrieve and begin use of an AED immediately
* Early Advanced Care from first responders

• Know your school’s Cardiac Emergency Response Plan so you’re ready to act within the critical 3 to 5-minute window for a child to be saved

Visit EPSaveALife.org for more information.