



## Take the EHAC Pledge™

I understand that heart attacks have beginnings that may include chest discomfort, shortness of breath, sweating, shoulder and/or arm pain, and weakness. These may occur hours or weeks before the actual heart attack. I solemnly pledge that if it happens to me or anyone I know, I will call 9-1-1 or activate our Emergency Medical Services.

Name \_\_\_\_\_ Date \_\_\_\_\_

Visit us at [dha.acc.org](http://dha.acc.org) for more information about heart disease and prevention.



## Stay Calm! Save a Life

If you miss the early signs and someone collapses, call 9-1-1 and begin Hands-Only CPR. It takes just minutes to learn, but you could be adding years to someone's life. If an AED is available, deploy it as soon as possible. AED's provide easy to follow verbal instructions in order to help someone.



## Discover Accredited CPCs

Hospitals work hard to achieve ACC Chest Pain Center (CPC) Accreditation. In addition to adopting new processes to improve the quality of healthcare, these hospitals also educate their communities on Early Heart Attack Care.

Why? Your hospital is dedicated to saving lives and they know that by sharing the early recognition and response message beyond the hospital doors will help to save more hearts.

How can you help share the message?

Discover your local ACC Accredited Chest Pain Center:

Visit: <https://cvquality.acc.org/accreditation/map>

Download the free EHAC educational materials:

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



ACC  
Accreditation  
Services

# EHAC DID YOU KNOW?



- Like other diseases, heart attacks have early signs & symptoms
- THESE "BEGINNINGS" MAY OCCUR IN 50% OF PATIENTS
- If recognized, people can be treated before heart damage occurs



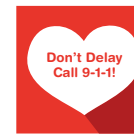
## Learn Early Heart Attack Care

- Review the signs and symptoms
- Take the EHAC Pledge and promise to spring into action



## Prevent a Heart Attack

- Learn the risk factors
- Understand the difference between men and women
- Is it a heart attack? Learn the atypical symptoms



## Save a Life

- If someone collapses, call 9-1-1
- Perform Hands-Only CPR
- Find and deploy an AED (Automated External Defibrillator)



## Discover Accredited CPCs

In your area, a hospital has adopted the life-saving processes to deliver the highest level of cardiovascular care to your community. Learn about their dedication to saving hearts.



