

Be Safe. Be Well. - Cleveland

No matter the season, ensuring you and your family are safe and healthy is essential. When you know you have the resources and information to help create safe and healthy environments, you have more time to focus your attention on making memories and having fun.

Here are a collection of seasonal tips to help keep you and your family safe and well.



Summer Safety Tips

- [Summer Safety – Drowning Prevention](#)
- [How to Stay Active in Warm Weather](#)
- [Kitchen Safety Squad](#)



Learn Hands-Only CPR

[Hands-Only CPR](#) is CPR without mouth-to-mouth breaths. It is recommended for use by people who see a teen or adult suddenly collapse in an “out-of-hospital” setting (such as at home, at work or in a park). It consists of two easy steps:

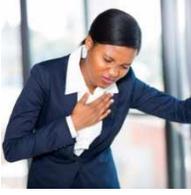
1. Call 9-1-1
2. Push hard and fast in the center of the chest

[Learn more with this Hands-Only CPR Fact Sheet \(PDF\)](#)

[Shared Moments \(video\)](#)

Warning Signs of Heart Attacks and Strokes

Don't wait to get help if you experience [heart attack or stroke warning signs](#). Pay attention to your body and do not hesitate to call 911 for lifesaving treatment.



Heart attack symptoms vary between men and women. [Learn about the warning signs of heart attack in women.](#)

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

[Just A Little Heart Attack \(video\)](#)

Stroke:

A stroke can strike anyone at any time. If you learn to spot a stroke [F.A.S.T.](#), you increase the chances of survival.

[Stroke Has No Age Requirement \(video\)](#)

Heart & Stroke Ball Presented by:



Together, the American Heart Association and Westfield are working to empower Northeast Ohioans to stay safe and well. When individuals feel secure in their health and safety, they increase their opportunities to enjoy life to its fullest. Westfield is the presenting sponsor of the Cleveland Heart & Stroke Ball.