



WOMEN need CPR, too!

But women receive **lay rescuer CPR** in public settings **less often** than men do.

HERE'S Why:

Even in training environments, some people are less likely to use **CPR** or an **AED** on female manikins.

Fears: Many are afraid of being accused of inappropriate touching or causing physical injury.

Myths: Many believe that women are less likely to have heart problems.



Here's what the American Heart Association is doing:



RAISING AWARENESS
about cardiac arrest in women.



IMPROVING TRAINING
to address barriers to increasing lay rescuer CPR rates for women.



ADVOCATING
to improve the response to cardiac arrest for everyone, everywhere. (All states have Good Samaritan laws that protect anyone who gives first aid and CPR. Check the laws in your area.)



Here's what you can do:

- Overcome fear** — it may help you save a life.
- Scan the QR code** to watch a video on how to perform Hands-Only CPR.
- Learn more at goredforwomen.org/WomenandCPR.

