

FACT:

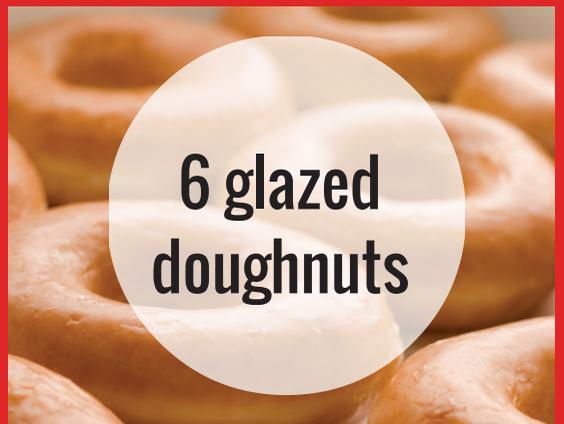
A 20 oz soda has more sugar than...



18
cookies



2 bags of
chocolate
candy



6 glazed
doughnuts



American
Heart
Association

American
Stroke
Association®

life is why®

HANDS-ONLY CPR

CPR can double or even triple a person's chance of survival.
If you see a teen or adult suddenly collapse, take action!



LEARN THE TWO SIMPLE STEPS TO SAVE A LIFE:

- 1 Call 911
- 2 Push hard & fast in the center of the chest



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To learn, watch the 90-second Hands-Only CPR video at heart.org/handsonlycpr

Warning Signs of Heart Attack

(which can result in cardiac arrest)

- **Chest discomfort.** Most heart attacks involve discomfort in center of chest that lasts more than a few minutes or goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.
- **Other signs** may include a cold sweat, nausea or lightheadedness.



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CALL 9-1-1 IMMEDIATELY

if you see or have any of these symptoms.

Perform Hands-Only™ CPR until help arrives

if the person with heart attack symptoms stops breathing.

Infused Water Ideas



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Try these refreshing
combinations



Orange

+



Kiwi



Raspberry

+



Mint



Blueberry

+



Lime



Lemon

+



Cucumber



Strawberry

+



Basil



**CONTROL
YOUR
BLOOD
PRESSURE**

Helpful resources for you



**Check.
Change.
Control.®**

High blood pressure can damage your health, causing heart disease, stroke and more. Fortunately, high blood pressure can be monitored, treated and managed.



Check.
Change.
Control.

HELPFUL RESOURCE

CCC Tracker is an online tool that helps you track and manage your blood pressure. A campaign code is needed to create a Tracker account. Find the code on the map for your state.

ccctracker.com/aha



Learn more about high blood pressure at heart.org/hbp

TRACK YOUR BLOOD PRESSURE

| Date/Time | Blood Pressure |
|-----------------|----------------|
| (1/1/15 8:00pm) | (132/85 mm Hg) |
| | / |
| | / |
| | / |
| | / |
| | / |

| BLOOD PRESSURE CATEGORY | SYSTOLIC mm Hg (upper number) | | DIASTOLIC mm Hg (lower number) |
|--|-------------------------------|--------|--------------------------------|
| NORMAL | LESS THAN 120 | and | LESS THAN 80 |
| ELEVATED | 120-129 | and | LESS THAN 80 |
| HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1 | 130-139 | or | 80-89 |
| HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2 | 140 OR HIGHER | or | 90 OR HIGHER |
| HYPERTENSIVE CRISIS (consult your doctor immediately) | HIGHER THAN 180 | and/or | HIGHER THAN 120 |