



## Sample Facebook Post for Hands-Only CPR campaign:

Pop quiz: The correct rhythm of compressions when performing Hands-Only CPR is \_\_\_\_\_ beats per minute (Hint: Think of the song Stayin' Alive). Take 60 seconds and hustle to [heart.org/handsonlycpr](http://heart.org/handsonlycpr) to learn how to save a life.

Anyone can learn to save a life. And everyone should. Take 60 seconds to learn Hands-Only CPR here: <http://bit.ly/FOrOdF>

Know disco? You can save a life if you do. If you see a teen or adult collapse, call 9-1-1 and push hard and fast in the center of the chest to the beat of the classic disco song "Stayin' Alive." Take 60 seconds and hustle to [heart.org/handsonlycpr](http://heart.org/handsonlycpr) to learn more.

Hustle to [www.heart.org/cpr](http://www.heart.org/cpr) to watch a 60-second video to learn how you can help save a life.

Got a minute? That's all you need to learn how to save someone's life. Celebrate National CPR Awareness Month by watching our Hands-Only CPR instructional video below and sharing it with your friends and family. <http://bit.ly/h80XVk>

FACT: Effective #CPR provided immediately after sudden cardiac arrest can double or triple a victim's chance of survival! Learn it here: <http://bit.ly/yfOzld> This June, National CPR Awareness Week, marks the start of Wellpoint's partnership with the American Heart Association's CPR & First Aid unit to teach all Americans the importance of Hands-Only™ CPR. Head to [www.heart.org/cpr](http://www.heart.org/cpr) to watch a 60-second video to learn how you can help save a life.

About 400,000 Americans suffer cardiac arrest outside of a hospital every year, and most (89 percent) of them die because they don't receive immediate CPR from someone on the scene. Wellpoint is partnering with the American Heart Association's CPR & First Aid unit to change that. Head to [www.heart.org/cpr](http://www.heart.org/cpr) to watch a 60-second video to learn how you can help save a life.