



Preparing Our HeartSafe Home



For Our Home: _____

Make sure your home address is visible so emergency responders can find you quickly!

Mailbox markings are not enough!

- Post address number clearly and prominently at the end of the driveway and on the home.
- Post numbers on both sides so they can be seen from all directions.
- Use large white reflective numbers (minimum 3 inches high) on a dark background.
- Use a reflective material or lights so that your home address can be seen at night as well as during the day.
- Do not allow shrubs, trees, or decorations to block your address.

Make sure everyone at home knows the home address!

When you call 911, you need to be prepared to answer the questions of the dispatcher. They will ask for the location of the emergency.

- Everyone should review the address, room/apartment number, or building number, city and township.

Write the info below for reference:

- Everyone should know the nearest major intersection, if applicable. Write the info below for reference:

- Write your home address on a piece of paper and post it somewhere where everyone in the home can find it.

Learn about making a 911 phone call

When you call 911, it's important to stay as calm as possible, listen to the dispatcher, and follow their directions.

- Be prepared for questions you might get from the dispatcher after you call 911. Some examples are:

-Where is your emergency?	-What city or township are you in?
-What are the nearest cross-streets?	-Tell me exactly what happened?
-Are you with them now?	-How old are they?
-Are they awake?	-Are they breathing?

To learn more about 911 calls, please visit HeartSafeHome.org



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Write down medication and health history

Post your list at the same spot as your home address and HeartSafe Home Plan.

- Write a list of current medications each household member is taking. This is important information for emergency responders and the hospital. The medication list should include:
 - name of the medication
 - amount you take
 - number of times you take it each day
- Write a list of any allergies for each household member.
- Write a list of health problems for each household member. This list will help the care team take better care of you in a medical emergency.
- Contact the local fire department or emergency medical services provider to determine if they have a preferred system for your home to use (ex: File of Life).

Prepare for a RAPID response to cardiac arrest

- Every household member should know the steps to a RAPID response in case of sudden cardiac arrest at home
- R)** Recognize the signs of cardiac arrest – someone not breathing normally and not being conscious.
- A)** Activate the emergency response system – call 911 and, if you have an extra person, send someone to get an AED.
- P)** Place your hands on the center of their chest.
- I)** Immediately start hands-only CPR.
- D)** Defibrillate, if available. When the AED arrives, apply the pads and follow the instructions (*Defibrillators may not be available at home but first responders will have one and use it. You should continue doing CPR until the AED arrives*).

For more details about what to do in case of cardiac arrest emergency, please visit [HeartSafeHome.org](https://www.heart-safe-home.org)

Learn hands-only CPR!

CPR saves lives! Less than 10% of people who have an out-of-hospital cardiac arrest survive. Hands-only CPR can double or triple a person's chance of survival.

- Everyone should practice hands-only CPR. You can learn it from this video: [tinyurl.com/handcpr](https://www.tinyurl.com/handcpr)
- Attend at least one community CPR training or get certified.
- When performing hands-only CPR, pump to the beat, push down hard and fast in the center of the chest, and make sure the chest comes all the way up between pumps!



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- Pick a song you like from the American Heart Association's "Don't Drop the Beat" playlist. They're all 100-120 beats per minute (the perfect rate for CPR!) tinyurl.com/dontdropthebeat

Prepare to interact with emergency responders

For life-threatening emergencies, police officers, firefighters, or paramedics could arrive to help. We need to be prepared to let them in and work to save your loved one.

- Be prepared to answer questions about your loved one's health.
- Move your pets aside or put them in a separate room.
- Clear space for the emergency responders to work.

Learn about strategies to handle your emotions

Home emergencies are stressful. Learning to stay calm can have a big impact on our ability to manage a crisis.

- Have conversations at home about your feelings before, during, and after an emergency.
- Get professional support (from a social worker, counselor, or therapist) if your feelings of stress, anxiety or grief last for several days or interfere with everyday activities and relationships.
- Listen to family, friends, and neighbors to help them cope with their stress or grief to help make your community stronger.