

MAKE IT YOUR MISSION

TO FIGHT HEART DISEASE IN WOMEN



CPR Facts Quiz

Here's a startling fact: 70 percent of Americans don't know how to administer CPR. Because of this, they may be helpless to act during a cardiac emergency. And, because 80 percent of cardiac arrests occur at home, the life you save with CPR will most likely be someone you love.

Find out how much you know about CPR with this quick quiz. Get the answers at the bottom of this sheet.

1. Approximately ____ of cardiac arrest victims get bystander CPR. Most bystanders are worried they might do something wrong or make the situation worse.
2. ____ of Americans may be helpless to act during a cardiac emergency because they do not know how to administer CPR.
3. ____ of cardiac arrests occur at home. Put very simply: The life you save with CPR is most likely to be someone you love.
4. Providing CPR to an adult who has collapsed from sudden cardiac arrest can _____ that person's chance of survival.
5. Studies of real emergencies that have occurred in homes, at work or in public locations, show that _____ CPR can be as effective as conventional CPR.
6. Without immediate, effective CPR from a bystander, a person's chance of surviving sudden cardiac arrest decreases ____ per minute.

Jill Morin, 39
Wake Forest, NC
CPR recipient and
Heart Disease Survivor

Kay LaVelle, 61
Raleigh, NC
Jill's mother and
Heart Disease Survivor



Go Red For Women wants you to be prepared to act in an emergency! Learn how to administer **Hands-Only™ CPR** by watching a simple 1-minute video at GoRedForWomen.org. Then equip 5 women you love with the power to save lives by sharing the **Hands-Only™ CPR** instructional video with them.

Learn Hands-Only™ CPR and **Make It Your Mission** to tell 5 how to save a life at GoRedForWomen.org.

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ANSWERS 1. 1/3. 2. 70%. 3. 80%. 4. double. 5. Hands-Only. 6. 7% to 10%