



# WOMEN need CPR, too!

Cardiovascular disease is the No. 1 killer of women. Immediate, high-quality CPR, especially when started within minutes of cardiac arrest, can double or even triple a person’s chance of survival. However, unfounded fears and myths contribute to bystanders hesitating to perform lifesaving CPR on women.

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](https://goredforwomen.org/WomenandCPR).

