

Is your
community
Cardiac Ready?



Cardiac Ready Communities

- Partnership between the South Dakota Department of Health and the partners of the South Dakota Cardiovascular Collaborative
- The CRC Program promotes the American Heart Association (AHA) Chain of Survival, which can improve the chances of survival and recovery for victims of cardiac events.





- This is Larry. He is attending his grandson's baseball game in Yourtown, South Dakota, as he does every Tuesday and Thursday night in the summer.
- Larry mentions to the game attendees he doesn't feel well and goes unresponsive. Larry is suffering a cardiac arrest. Someone nearby calls 9-1-1. Nobody at the event knows CPR and the nearest public AED is 5 minutes away. A citizen rushes to grab the AED and bring back to the field. It takes 15 minutes for responders to get there.

Ask yourself

- If someone in your community suffers a cardiac arrest, how likely are they to survive due to rapid access to life-saving treatment?
- How many residents and public safety officials in your community can recognize the symptoms of cardiac arrest and know how to help?
- Do all your buildings, auditoriums, and meeting areas have effective emergency plans? How many public AEDs are available and ready in the case of an emergency?
- **Becoming CRC designated helps address these problems and helps your community be prepared in a cardiac emergency!**

Is your community **Cardiac Ready**?

- The Cardiac Ready Community Program is intended to **educate, equip** and **empower** rural communities to be better prepared in helping an individual *survive* a cardiac arrest.
- This includes
 - Increasing the number of people in your community that are CPR certified (includes hands-only CPR)
 - Increasing awareness of AED locations
 - Having a plan for community emergency and patient transports
 - Increasing awareness of risk factors and prevention of cardiovascular disease

How to receive designation:

- Form your group, identify a lead person
- Submit a letter of intent
- Starting tracking points!



This is Larry. It is another Summer Tuesday and he is attending his grandson's baseball game in Yourtown, South Dakota, which just got designated as a Cardiac Ready Community this year.

Larry mentions to the game attendees he doesn't feel well and goes unresponsive. Larry is suffering a cardiac arrest. Someone nearby calls 9-1-1. Thanks to recent efforts in the community to increase CPR training, there are 10 citizens that know CPR nearby. There is an AED available at the field and citizens there that know how to use it. A group of good Samaritans stabilize Larry until EMS gets there.

Larry is able to be transported to the hospital and is discharged 3 days later, thanks to the effort that this small community put in.

For more information, contact:

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- QR CODE

