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FOR IMMEDIATE RELEASE: February 11, 2014
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FIRE DEPARTMENT ENCOURAGING RESIDENTS TO HELP MEND A BROKEN HEART ON VALENTINE'S DAY

Glendale, Ariz. —This Valentine's Day, the Glendale Fire Department wants everyone to think outside the "candy" box, be prepared to mend a broken heart and give the gift of life!

A survey conducted by the American Red Cross showed that 25% of people have been in a situation where someone needed CPR. Would you know what to do?

When an adult's heart stops, also known as cardiac arrest, they need immediate CPR to have a chance to survive this traumatic event. Statistics show that only 30% receive that immediate CPR. Most bystanders that don't act are either uncertified in CPR or afraid that they will further hurt the person that is in need of CPR. These are the reasons that the American Heart Association has created *Hands-Only* CPR.

Hands-Only CPR is exactly what it sounds like; you only use your hands. No more mouth-to-mouth, no more CPR ratios of 15:2 (15 compressions for every 2 breaths), etc. If you see an adult collapse, call 911, and push hard and fast in the center of their chest until the fire department arrives. You can only help the patient by taking action.

Please visit www.glendaleaz.com/fire to learn *Hands-Only* CPR. It's that easy and yes, there's an app for that!

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