

Dear Parent or Guardian,

The safety of your children while they are in our care is paramount to us.

**We are pleased to announce that The Humboldt County Office of Education is among the first in the nation to implement a brand-new lifesaving Cardiac Emergency Response Plan.**

The statistics are startling. In 2013, the American Heart Association reported 9,500 cases of out-of-hospital cardiac arrest in youths. What's more, across the United States, even the best emergency medical services (EMS) systems can't reach cardiac arrest victims for 3 to 5 minutes. Therefore, the actions taken by bystanders during the first few minutes of a cardiac emergency are critical. Prompt action can double or triple a victim's chance of survival.

It has been proven that a carefully orchestrated response to cardiac emergencies will reduce death and disability.

### **What is a Cardiac Emergency Response Plan?**

Simply put, it is a written document that establishes specific steps to take in a cardiac emergency at school. We're pleased to inform you that our staff will learn about the components and will be involved in these essential elements: establishing an effective communication system; training anticipated responders in CPR and automated external defibrillator (AED) use; obtaining access to an AED for early defibrillation; acquiring necessary emergency equipment; coordinating and integrating onsite responder and AED programs with the local EMS system; and practicing and reviewing the response plan.

An AED(s) has/have been placed on our campus.

### **How can parents help?**

As our school staff learn how to respond to a cardiac emergency, **we encourage all parents to learn CPR** through one of these options:

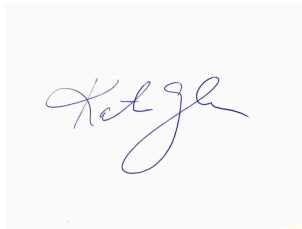
1. Take 60 seconds to watch the free Hands-Only CPR video at [www.heart.org/handsonlycpr](http://www.heart.org/handsonlycpr).
2. Locate and attend a classroom-based CPR and AED course. Visit [www.heart.org/cpr](http://www.heart.org/cpr) and click the red "Find a Course" button.

## Our Emergency Response Plan

Available to you upon request and linked on the [HCOE.ORG](https://www.hcoe.org) website

If you have any questions about the new Cardiac Emergency Response Plan being implemented, please contact Katie Cavanagh, Assistant Superintendent at 707-445-7616 or [kcavanagh@hcoe.org](mailto:kcavanagh@hcoe.org). You may also visit [www.heart.org/CERP](http://www.heart.org/CERP).

Thank you for your support,



Katie Cavanagh

Assistant Superintendent

Humboldt County Office of Education

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