

Step-By-Step

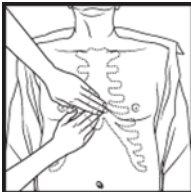
Hands Only CPR

- * Around 350,000 cardiac arrests occur annually in the U.S.
- * 75% occur at home.
- * Chance of survival increases 2-3 times if bystander CPR is performed immediately.

When to perform CPR: When person is unresponsive and not breathing normally



Call 9-1-1



Place hands on center of chest



Put one hand on top of the other. Lock elbows and push downward hard and fast.

Learn hands only CPR today with the Red Cross or American Heart Association

For More Information:

King County Emergency Medical Services:

401 5th Avenue, Suite 1200
Seattle, WA 98104
<http://www.kingcounty.gov/healthservices/>

Chinese Information & Service Center (CISC)

611 S Lane St
Seattle, WA 98104
<http://www.cisc-seattle.org>

Non-Emergency Numbers

5-1-1

- * For traffic information

2-1-1

- * For social services
- * All other questions/informational needs

Police Non-Emergency Number

- * For a crime that is not in progress
Seattle: (206) 625-5011
Kent, Renton, Auburn, Federal Way: (253) 852-2121
Sea-Tac: (206)296- 3311

Reference: American Heart Association

Designed and Developed by: Jennifer Liu & Megan Swanson, School of Public Health—University of Washington.2015.

Everything you need to know about 9-1-1 and CPR



9-1-1

Police • Fire • Medical

- * 9-1-1 is available 24/7
- * There is no charge for calling 9-1-1
- * Limited English speaking individuals are less likely to call 9-1-1 than their English speaking counterparts.
- * To be prepared for an emergency, make sure you can recite your location in English
- * Free translation services are available. Make sure to let the 9-1-1 operator know what language you would like to speak.
- * If you don't feel confident in your CPR skills, the 9-1-1 dispatcher will instruct you over the phone.



Example Situations for Calling 9-1-1

Police: Robbery in progress, active shooting, Hit and Run



Fire: House on fire, car on fire, wildfire

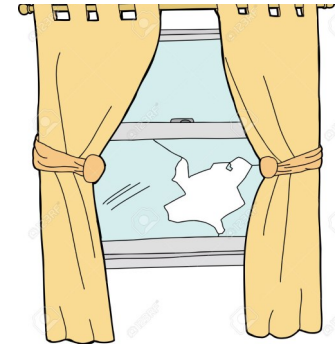


Medical: Cardiac Arrest, severe accident, drug overdose, severe bleeding



Examples of Non-Emergencies

- * Crime no longer in progress: assault that occurred last night at a bar, overnight theft
- * Non-emergency in progress: noisy party, drug use
- * Recurring problems: graffiti, defacing public/private property.



- * Non-threatening suspicious circumstance without proof: marijuana grow operation



- * Prescription refills (please call your doctor)

Non-Emergency numbers listed on the back