



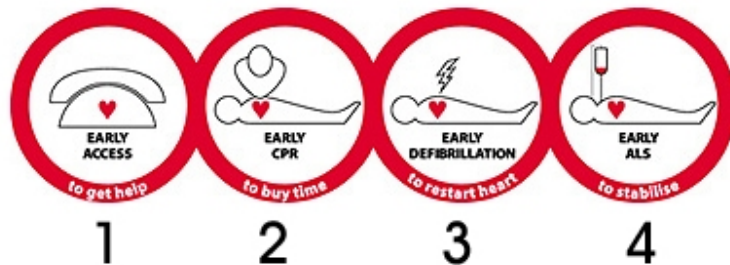
“Thank you” to all who make  
Emergency Medical Services Week  
a great success!

Each year Emergency Medical Services Week (EMS Week) is celebrated on a national, state, and local level during the third week in May.

The goals of EMS Week are:

- ▶ Educate the public about the EMS system and its appropriate use
- ▶ Help citizens recognize and respond to medical emergencies
- ▶ Encourage prevention of illness and injury
- ▶ Show appreciation for the contributions of every member of the EMS team

You can be  
a link in the  
“Chain of Survival”



The “Chain of Survival” refers to four steps that, when put into motion, increase the probability of saving a victim of cardiac arrest. Like any chain, the chain of survival is only as strong as its weakest link. The chain of survival includes:

- 1 Early Recognition and Early Access – to get help.** The sooner 9-1-1 or your local emergency number is called, the sooner early advanced life support arrives.
- 2 Early CPR – to buy time.** Early CPR helps circulate blood that contains oxygen to the vital organs until an Automated External Defibrillator (AED) is ready for use or advanced medical personnel arrive.
- 3 Early Defibrillation – to restart heart.** Most victims of sudden cardiac arrest need an electric shock called defibrillation to restore the heart to a regular rhythm. Each minute that defibrillation is delayed reduces the victim's chance of survival by about 10 percent.
- 4 Early Advanced Life Support (ALS) – to stabilize.** This is given by trained medical personnel who provide further care and transport to a medical facility.

Learn Cardiopulmonary Resuscitation (CPR), practice a comprehensive plan of home and highway safety, and instruct all family members in the proper and appropriate use of 9-1-1 in an emergency. These important techniques may be the key to saving the life of a family member or a fellow citizen.

Have a safe and happy EMS Week!

