

Step-By-Step

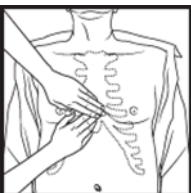
Compression Only CPR

- * Around 383,000 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.

Sign up to learn compression 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
www.kingcounty.gov/ems

Chinese Information & Service Center (CISC)

611 S Lane St
Seattle, WA 98104
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

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



Public Health
Seattle & King County 

 **CISC**
BRIDGING CULTURES
COMMUNITIES & GENERATIONS

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

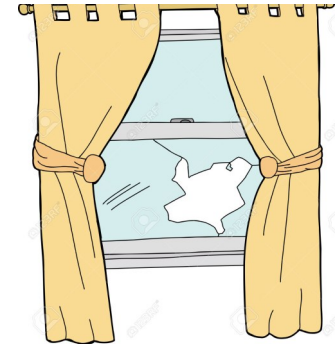


Medical: Cardiac Arrest, severe accident, drug overdose, severe bleeding



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