



## MEDIA ADVISORY

### Hands-Only CPR Training for citizens in San Joaquin County

*September 2019 is National Preparedness Month: "Prepared, Not Scared."*

- WHAT:** In conjunction with September 2019 National Preparedness Month, the San Joaquin County Office of Emergency Services (OES) has partnered with the San Joaquin County Fire Chiefs Association to conduct free Hands-Only CPR (Cardio Pulmonary Resuscitation) training for families in the community. In addition, choking and Automatic Electronic Defibrillator (AED) information will be shared with attendees. Participants of all ages will learn the basics needed to help save a life. **This is not a certificate course.**
- WHEN:** **Saturday, September 14, 2019**, fire personnel will conduct Hands-Only CPR training in separate sessions at various times to choose from (see locations and times below).
- WHERE:** There are a number of separate sessions to choose from, at the following locations:
- **Lathrop Fire Station**, 19001 Somerston Pkwy, Lathrop (10am or 3pm)
  - **Linden Lions Club**, 5041 N. Market St., Linden (10:30am or 1:30pm)
  - **Mokelumne Rural Fire District**, 13157 Brandt Rd., Lockeford (9am, 10am or 11am)
  - **Montezuma Fire Station**, 2405 S. "B" St., Stockton (9am or 10am)
  - **Ripon Fire Station**, 142 S. Stockton Ave., Ripon (9am or 10am)
  - **Woodbridge Fire Station**, 400 E. Augusta St., Woodbridge (9am, 10am or 11am)
  - **Mountain House Fire Station**, 911 S. Tradition St., Mountain House (9 am)
  - **French Camp McKinley Fire District**, 310 E. French Camp Rd., French Camp (9 am)
- WHY:** Hands-Only CPR is Cardiopulmonary Resuscitation without the mouth-to-mouth breaths. It is recommended for use by people who witness a sudden collapse in an "out-of-hospital" setting (e.g., home, work, concert or at a park). The hands-only technique performed by a bystander has been shown to be as effective as conventional CPR in the first few minutes. Families are invited to participate in the training, since children as young as nine years old, have proven able to learn and retain CPR skills. The ability to perform CPR is based more on body strength, than age (according to the American Heart Association).
- The September 2019 National Preparedness Month campaign is a partnership between San Joaquin County's Office of Emergency Services and Public Health Services to share preparedness tips with the community throughout the month via their websites, social media and community events. Each week has a theme: 1) Save early for disaster costs; 2) Make a plan to prepare for disasters; 3) Teach youth to prepare for disasters; and, 4) Get involved in your community's preparedness.
- VISUALS: AT ANY OF THE LOCATIONS:**
- Fire personnel instructing the community on the importance of Hands-Only CPR.
  - People of all ages practicing how to do Hands-Only CPR on a mannequin to potentially save a life.
- CONTACT TO SCHEDULE A SITE VISIT OR INTERVIEW:** Tiffany Heyer, Emergency Planner, SJC Office of Emergency Services • Phone: 209-953-6200 • Email: [theyer@sjgov.org](mailto:theyer@sjgov.org)