

## **Communitywide Hands-Only CPR Training Event May 2<sup>nd</sup>**

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FOR IMMEDIATE RELEASE:

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Bakersfield, CA - Kern County Public Health Services Department is coordinating a countywide Cardio Pulmonary Resuscitation (CPR) public education event on Thursday, May 2<sup>nd</sup>. More than 1215 Kern County residents were trained in hands-only CPR during last year's event and we hope to surpass that number this year.

Cardiac arrests are common and can happen to anyone at any time. "Immediate bystander CPR can mean the difference between life and death," says Dr. Kristopher Lyon M.D., Emergency Medical Services Medical Director.

Hands-only CPR (chest compressions but no mouth-to-mouth breathing) focuses on the first few minutes following a sudden cardiac arrest, since the lungs and blood contain only enough oxygen to keep vital organs healthy for a very short period of time. While emergency responders are on their way to the scene, chest compressions using hands-only CPR will provide the ongoing blood flow needed to give the patient a better chance of survival.

We encourage residents to download the free PulsePoint app that alerts CPR-trained bystanders when a sudden cardiac arrest occurs in a safe public place within their immediate vicinity. Users will be able to quickly find the victim and begin CPR immediately rather than idly waiting for EMS to arrive. The app also gives detailed instructions and locations of nearby automatic external defibrillators (AEDs). Learn more: <https://kernpublichealth.com/ems-services-and-certification/>.

The community is invited to stop by the Grimmway Academy, 901 Nectarine Court in Arvin from 3PM to 6PM on May 2<sup>nd</sup> for hands-only CPR training hosted by Kern County Public Health or a location hosted by our partners Kern County Fire Department, Kern Medical, Bakersfield College and Memorial Hospital. A list of locations can be found on an interactive map online at [www.kernpublichealth.com](http://www.kernpublichealth.com).

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