

Secrets of the Heart

Learn the Warning Signs of a Heart Attack—Don't Wait to Call 9-1-1

Resource List

The lesson provides suggested American Heart Association/American Stroke Association resources. You can tailor the lesson to your specific community needs. Add more resources or substitute different ones to make the lesson work best for your community.

Are mostly families attending? Pick at least one activity that engages children. For ideas, check out the American Heart Association's Healthier Kids resources (<http://bit.ly/1Hwez4p>).

Is the program aimed at adults? Keep participants interested by breaking them into small groups to review a resource. Ask each group to share what they learned with the full group.

No audiovisual equipment? No worries. Make copies of printed handouts. Ask participants to take turns reading aloud key messages.

Have a projector? Great. Use the slides to guide your talk. And download an American Heart Association video for one of your interactive activities.

Have a good Internet connection? Show one of the American Heart Association videos, break participants into groups to take an online quiz or give a demo of an online tool.

Think about which formats best teach the health messages to your community members. Consider what type of information is most motivating for your community.

The icon in front of each resource tells you the format of that activity. Below are tips on how to incorporate that activity into the lesson and how much time to budget for it.



Video: Play the video and engage participants in a discussion after the viewing.



Printed Handout: Ask volunteers to take turns reading the information on the handout.



Group Discussion: Break participants into small groups. Ask each group to review the resource and report what they learned to the full group.














Online Tool: Give a short demonstration of the tool. Encourage participants to make a note of the URL so they can access it from home.

Directory of CPR Classes












As the world leader in CPR, first aid and emergency cardiovascular care (ECC) training and education, the American Heart Association (AHA) offers a variety of options for you to find a course ([opens new window](#)) and learn lifesaving skills. Locate a local training center to become an AHA Instructor or to choose courses for family members and friends, employees, or healthcare providers.

Find a CPR training center in your area. <http://bit.ly/1yYuLKe>

Point #1: Learn the warning signs of a heart attack.

-  Can You Recognize a Heart Attack?–Quiz
(5 – 10 minutes to take as a group, internet connection required)
<http://bit.ly/1HB6taJ>
-  Patient Information Sheets: Heart Attack
(5-10 minutes for small group discussion, ask groups to share what they learned about the difference between cardiac arrest and heart attack)
<http://bit.ly/1JDfSxt>
-  Heart Attack Section of the American Heart Association website, www.heart.org
(5-10 minutes, demo videos and tools, internet connection required)
<http://bit.ly/1HB6Emy>
-  Animation of a Heart Attack
(3 minutes, internet connection required)
<http://bit.ly/1GgC0e0>
-  Cardiac Arrest vs. Heart Attack–Infographic
(5-10 minutes for small group discussion, ask groups to share what they learned)
<http://bit.ly/1Ggxs7i>
-  Heart Attack Warning Signs
(1 minute, 34 seconds)
<http://bit.ly/1Dlyz3G>
-  What Are the Warning Signs of Heart Attack?
(5-10 minutes for small group discussion, ask groups to share what they learned; download pdf ahead of time)
<http://bit.ly/1bBVQZG>
-  Heart Attacks Signs In Women
(5-10 minutes for small group discussion, ask groups to share what they learned; download pdf ahead of time)
<http://bit.ly/1dblyVf>
-  Kidz Explain—Episode 1 'What Is A Heart Attack?'
(1 minute, 17 seconds)
<http://bit.ly/1dbIK74>
-  Women's Signs of a Heart Attack—Dr. Suzanne Steinbaum
(28 seconds)
<http://bit.ly/1z2hgcJ>
-  American Heart Month—Heart Attack Warning Signs
(16 seconds)
<http://bit.ly/1QrozQF>

Point #2: Don't wait to call 9-1-1 and, if the person appears to have suddenly stopped breathing, start Hands-Only™ CPR.

-  Go Red For Women: Just a Little Heart Attack
(3 minutes, 14 seconds)
<http://bit.ly/1FkK3Kl>
-  Heart Attack Personal Stories
(5-10 minutes for small group discussion, ask groups to share what they learned)
<http://bit.ly/1DIiHsi>
-  911 Warning Signs of Heart Attack, Stroke, and Cardiac Arrest
(5 minute online demo)
<http://bit.ly/1JmEbCW>
-  Heart Attack or Stroke? Call 911 First. And Fast.
(3 minutes, ask for volunteers to take turns reading aloud, emphasize key points)
<http://bit.ly/1PwSzsT>
-  Calling 911 Important to Get Prompt Treatment—Article
(5-10 minutes for small group discussion, ask groups to share what they learned)
<http://bit.ly/1l5xvrk>
-  Don't Drive Yourself for Heart Attack Symptoms, Call 911. And Live.
(5 minute online demo)
<http://bit.ly/1Gsr56u>
-  Don't Drive Yourself for Heart Attack Symptoms, Call 911 and Live
(3 minutes, ask for volunteers to take turns reading aloud, emphasize key points)
<http://bit.ly/1Gsr56u>
-  Live Action, Hands-Only CPR Demo Video
(1 minute, 2 seconds)
<http://bit.ly/1GgxY5a>
-  Official 2012 Hands-Only CPR Instructional Video
 - English (1 minute, 9 seconds)
<http://bit.ly/1DsHO38>
 - Spanish (1 minute, 12 seconds)
<http://bit.ly/1EAvx2L>
-  Heckling Fan
(1 minute, 8 seconds)
<http://bit.ly/1EAvDHF>
-  A Modern Woman Struts Her Stuff
(30 seconds)
<http://bit.ly/1EpaX3l>

Point #3: Embrace Life's Simple 7® to reduce your risk.



Heart Attack Risk Assessment–Article
(3 minutes, ask for volunteers to take turns reading aloud,
emphasize key points)
<http://bit.ly/1Hyr15h>



Heart Attack Risk Assessment
(5 minute online demo)
<http://bit.ly/1Hyr15h>



Learn the ABCs of Heart Attack Prevention
(5-10 minutes for small group discussion, ask groups to share
what they learned)
<http://bit.ly/1PwUuh5>



Life's Simple Seven
(5–10 minute website demo)
<http://bit.ly/1yYCuba>



Prevention and Treatment of Heart Attack
(5-10 minutes for small group discussion, ask groups to share
what they learned)
<http://bit.ly/1JDIBXy>