

February is Heart Health Month

We often associate February with hearts because of Valentine’s Day. However, there’s another reason we should think about hearts in February; it’s American Heart Month. This is a great time to learn more about heart disease, learn CPR and give blood.



Heart disease and stroke prevention

80% of premature heart attacks and strokes are preventable. Healthy diet, regular physical activity, and not using tobacco products are major keys to prevention. Checking and controlling risk factors for heart disease and stroke such as high blood pressure, high cholesterol and high blood sugar or diabetes are also very important.



Learn CPR and how to use an AED

Cardiac arrest can happen at any time or place. Cardiopulmonary Resuscitation (CPR) is an emergency lifesaving procedure performed when the heart stops beating. If CPR is performed immediately after cardiac arrest, it can double or triple the chance of survival. AEDs are easy to use medical devices that analyze the heart's rhythm and, if necessary, deliver an electrical shock, or defibrillation, to help the heart re-establish an effective rhythm.

[Visit the American Red Cross website](#) sign up for CPR and AED classes.



Sign up for PulsePoint

If you are willing to perform CPR at a moment’s notice, consider downloading the PulsePoint app. PulsePoint is a 911-connected app that can immediately notify you of emergencies and request your help when CPR is needed nearby. Additionally, the PulsePoint app can show responders the nearest public-accessible AED. You will only be notified of cardiac incidents in public places, not in private homes, and there is no obligation to respond. [Visit the PulsePoint web site for more information.](#)



Give blood

Every two seconds, someone in the U.S. needs blood. Since blood cannot be manufactured outside the body and has a limited shelf life, the supply must constantly be replenished by generous blood donors. Those needing the most blood include people undergoing surgeries, being treated for cancer or blood disorders, and accident victims. [Visit the Red Cross Website to donate.](#)

Join us for a blood drive at TVWD headquarters on March 9. [Sign up on the Red Cross website,](#) sponsor code MerloBusiness.



Do you have your emergency supply of water and food, and have taken other steps to prepare for emergencies?

[Click here for past editions of the emergency preparedness tip newsletters.](#)



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