

# NATIONAL SCHOOL WEAR RED DAY

Let's Fight Heart Disease



**Friday  
February 07, 2025**

Everyone is asked to wear anything red (shirt, sweater, dress, pants, socks, shoes, hat, scarf, gloves, etc.)

**This Wear Red Day, the American Heart Association is specifically focused on learning the life-saving skill of CPR and we want every family and home to have someone who knows CPR.**

<https://www.heart.org/>

# Know the warning signs of heart attack and stroke

You could save your life



Heart attack and stroke are life-or-death emergencies — every second counts. If you think you or someone you're with has any symptoms of heart attack or stroke, call 911 immediately.

For a stroke, also note the time when the first symptom(s) appeared. A clot-busting drug received within 3 to 4.5 hours of the start of symptoms may improve your chances of getting better faster.

## Heart Attack Warning Signs





Some heart attacks are sudden and intense, but most of them start slowly, with mild pain or discomfort. The warning signs are:

-  • Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
-  • Shortness of breath. This may occur with or without chest discomfort.
-  • Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
-  • Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

## Stroke Warning Signs

Use the letters in F.A.S.T. to spot signs of stroke:

-  • **Face drooping** — Ask the person to smile. Does one side of the face droop or is it numb?
-  • **Arm weakness** — Ask the person to raise both arms. Is one arm weak or numb? Does one arm drift downward?
-  • **Speech difficulty** — Ask the person to repeat a simple sentence such as, "The sky is blue." Is the sentence repeated correctly? Are they unable to speak, or are they hard to understand?
-  • **Time to call 911** — If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately.

Additional symptoms of stroke include:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden trouble seeing in one or both eyes
- Sudden confusion, trouble speaking or understanding
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

The American Heart Association and National Heart, Lung, and Blood Institute are working together for women, for healthy hearts.



# Women need CPR, too!

More and more people are surviving cardiac events — **BUT NOT WOMEN.**

## Numbers tell the story

In a 2017 study of more than 19,000 people who had cardiac events:



Only **39% of women** received CPR from bystanders in public compared to **45% of men.**



Men's odds of surviving a cardiac event were **23% higher than women's.**

## Why?

Women who have cardiac arrests are more likely to:

- Have cardiomyopathy, a disease of the heart muscle
- Have non-schockable rhythms that cannot be treated with an AED
- Be older and live at home alone

*Plus*, a few common fears and myths may prevent them from getting help.

## THE PROBLEMS:

CPR + ♀ = ?

Even in training environments, some people are less likely to use CPR or an AED on female avatars

## Fears

"I will be accused of inappropriate touching"

"I will cause physical injury"

"I will get sued if I hurt a woman"

## Myths

Many believe that women:

- Are less likely to have heart problems
- Overdramatize incidents

## AHA'S RESPONSE:

To help overcome the problems and fears AHA is:

### RAISING AWARENESS

about cardiac arrest in women.



### IMPROVING TRAINING

AHA's CPR training addresses gender-related barriers to improve bystander CPR rates for women. This includes representation of women in our training materials and informational videos.

### ADVOCATING

to improve the response to cardiac arrest for everyone. Good Samaritan laws offer some protection to those who perform CPR.



Overcome your fear and learn CPR. [Learn more at goredforwomen.org/WomenandCPR](http://goredforwomen.org/WomenandCPR)