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# FAQ

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## HANDS ONLY CPR

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### *What if I can't get the person off the bed or sofa?*

- Roll them to the floor or pull the sheet off the bed until they are on the ground

### *Are you sure I don't need to do breaths?*

- Hands Only CPR is as effective as providing ventilations. If you have not been trained to do ventilations, it is perfectly appropriate to do Hands-Only CPR

### *How does the patient get oxygen?*

- Air that is in the lungs is pushed forward through the body each time you pump the chest, push down, and let the chest rise up. Doing compressions keeps the blood pressure up and delivers blood to the brain. Blood pressure will drop very quickly if you are not doing compressions

### *Can I be sued for doing CPR on someone?*

- Lay-people who perform CPR are protected by the Good Samaritan Law

### *Can I hurt the person or do more harm?*

- No. You cannot make it worse. Without CPR, the person will not live. Push hard and fast and give the person a real chance to survive

## AED

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### *What if I accidentally shock someone?*

- An AED will only give a shock if a person's heart has a specific type of rhythm, which can only be helped with a shock. Otherwise, it will not shock

### *What if there isn't an AED nearby?*

- Make sure 911 is called, and continue to do compressions until help arrives

### *Can I use an AED on a child?*

- Yes. If you don't have child pads, you can use adult pads. Place one on the front and one on the back of the child

### *What if the person has a very hairy chest?*

- If the AED tells you to check the pads, try pressing them really hard onto the patient's bare chest. If the AED comes with a razor, quickly shave a spot on the chest so the pads can stick. If there is a second pair of pads, use the first pair to pull the hair off and place the new second pair on the chest

# STROKE

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## *I heard there are two different kinds of strokes. What is the difference?*

- There are two types of strokes:
  - Ischemic Stroke- Most common (80%). Is when an artery is blocked by blood clots or a gradual build-up of plaque
  - Hemorrhagic Stroke- Caused when arteries rupture and there is bleeding into the brain

## *What is a TIA?*

- TIA (transient ischemic attack) is temporary blockage of an artery. It's a strong predictor of future strokes

## *What are the risk factors for stroke?*

- High blood pressure, diabetes, heart disease, physical inactivity, obesity, high cholesterol, smoking

## *Can I eat or drink after a suspected stroke has occurred?*

- No. A stroke patient should not have anything to eat or drink

## *Should I take aspirin after a suspected stroke has occurred?*

- No. A stroke patient should not take any aspirin

## *How can I prevent a stroke?*

- Exercise, eat a healthy diet, and maintain a healthy weight

# EMS RESPONSE

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## *How long will it take EMS to arrive?*

- EMS response typically takes 3-5 minutes; paramedics typically arrive 7-8 minutes after the initial call

## *What should I do if my door is locked?*

- Let the dispatcher know, and they will tell you what to do

## *I have heard you have to pay for EMS to come help you*

- There is no charge to call 9-1-1 or for EMS to come to help you. If you have to be transported to the hospital, whether you are charged for the ambulance will depend on whether it is a public or private ambulance. What kind of ambulance you require will depend on the level of care you need.

## Tips for answering questions

- Affirm the validity of their question
- Provide factual answers- not opinions
- Answer only questions for which you know the answer
- Refer to other resources if you do not know the answer
- Be aware and sensitive to cultural differences and nuances with questions and answers



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