



## For Immediate Release

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### **Alameda County Emergency Medical Services to Host a Series of Training Events as Part of Sudden Cardiac Arrest Awareness Month**

*Life-saving Ready to Respond trainings held throughout Alameda County in October*

**Alameda County, CA—** As part of a growing national movement to raise awareness and boost emergency preparedness, Alameda County will host a series of Ready to Respond training events throughout Sudden Cardiac Arrest Awareness Month in October.

Coordinated by Alameda County Health’s Emergency Medical Services (EMS) in partnership with the [Sudden Cardiac Arrest Foundation](#), these countywide events are part of a nationwide initiative to empower people with the knowledge and skills to respond when seconds count. While training will happen throughout the month, many of them will take place during the first-ever [Ready to Respond: Sudden Cardiac Arrest Training Week](#), from Oct. 12 – 19.

“This training could help save the life of a family member, coworker, or neighbor,” said Alameda County EMS Director Lauri McFadden. “Most cardiac arrests happen at home, and immediate CPR or automated external defibrillator use can greatly increase someone’s chance of survival.”

Participants will learn about hands-only CPR, how to use an AED (automated external defibrillator), and how to respond confidently in an emergency, especially with the help of 911 dispatchers. These events are free and open to the public.

A full list of events happening throughout Alameda County can be found [here](#). Tomorrow, Oct. 14, the Oakland Fire Department will be hosting a Ready to Respond training at the Frank H. Ogawa Plaza in downtown Oakland. The training event will take place from 11 a.m. – 2 p.m.

Each year, more than 356,000 out-of-hospital cardiac arrests occur in the United States—and nearly 90% are fatal. With most incidents happening outside of a hospital setting, bystanders are often the only immediate hope for survival.

“Sudden cardiac arrest can strike anyone, anywhere, at any time,” said Gina Peattie, Executive Director of the Sudden Cardiac Arrest Foundation. “But when people are



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equipped with knowledge and skills, they can make the difference between life and death. That's what Ready to Respond: Sudden Cardiac Arrest Training Week is all about – helping more people learn the facts, gain the skills, and save a life.”

These local events are part of a nationwide campaign organized by the Sudden Cardiac Arrest Foundation, a national nonprofit that works to raise awareness, increase survival rates, and support survivors and their families.

More information about the Ready to Respond training is available [here](#).

### **About Alameda County Health**

Alameda County Health is the local government agency that promotes and protects the health and well-being of all who live, work, learn, and play in Alameda County. Across our Environmental Health, Behavioral Health, and Public Health Departments, and major programs covering emergency response, access to care, and homelessness services, we coordinate and partner with community organizations to support a robust safety net, build resilient communities, and improve health for all. We focus on health equity through programs and systemic change to reduce disparities for the people and communities we serve.

### **About the Sudden Cardiac Arrest Foundation**

The Sudden Cardiac Arrest Foundation (SCAF) is a national 501(c)(3) nonprofit organization dedicated to raising awareness, supporting survivors and families, and saving lives through education, research, and community. Learn more at [sca-aware.org](http://sca-aware.org).

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