



PROCLAMATION

WHEREAS, February is Heart Health Month, a time to raise awareness about heart health, CPR, and AED use through education, empowerment, and community resources; and

WHEREAS, you do not need to be a medical professional to help during a cardiac arrest – bystanders are critical in those first minutes, the time before first responders arrive; and

WHEREAS, only 40% of people who experience an out-of-hospital cardiac arrest receive the immediate help that they need before professionals arrive; and

WHEREAS, 9 out of 10 people who suffer a cardiac arrest and receive a shock from an AED in the first minute, live; and

WHEREAS, many people do not provide CPR because they are afraid to do it wrong, hurt someone, or even legal retaliation, but it is almost impossible to do chest compressions incorrectly and Colorado’s Good Samaritan Law protects those who render first aid; and

WHEREAS, hands-only CPR has been shown to be equally as effective in the first minutes as the method which includes breaths – you can save a life by placing your hands on the center of the chest and pushing hard and fast; and

WHEREAS, Poudre Fire Authority offers free CPR, AED, and Stop the Bleed classes the first Wednesday of every month at 5:30 p.m. at fire stations. They are non-certifying and can teach you what you need to know to help if someone you love needs your help.

NOW, THEREFORE, I, Jeni Arndt, Mayor of the City of Fort Collins, do hereby proclaim February 2025 as

HEART HEALTH MONTH

IN WITNESS WHEREOF, I have hereunto set my hand and the seal of the City of Fort Collins this 18th day of February, 2025.

Mayor

ATTEST:

City Clerk