

November 2020

What's inside

- Happy Thanksgiving from Project ADAM
- How to be a lifesaver in a global pandemic
- Cook Children's doctors urge you to stay home for the holidays
- Social media campaign update
- Hero Spotlight: high school senior saved thanks to quick actions by school staff



Happy Thanksgiving from Project ADAM

Thanksgiving is different this year, but we still have a lot to be thankful for. Project ADAM is thankful for you and we hope you enjoy the holiday, wherever you celebrate. Need some healthy recipe ideas to make with the kids? Click on the pictures below to check out these fun and healthy Thanksgiving treats your whole family will enjoy.



How to be a lifesaver in a global pandemic

When we first heard the term COVID-19, we weren't aware of the cardiac complications. As time went by, we learned the potential impact it has on our hearts. Read this doctor's take and see why now, more than ever, it's important for all of us to learn Hands-Only CPR.

Doctors Stress Importance of Learning Hands-Only CPR Amid Coronavirus Pandemic

Cook Children's doctors urge you to stay home for the holidays

Tarrant County continues to see record high cases of COVID-19 and our doctors here at Cook Children's have a special message for all of us this holiday season on how to stay safe and still connect with our friends and loved ones. Click below to hear their words of wisdom.

**Physicians Share COVID-19
Fears & Advice for the Holiday
Season**

Social media campaign update

We need YOU to follow us on Facebook and Instagram! Last month Project ADAM joined Instagram and launched our 2020 Sudden Cardiac Arrest Awareness Month social media campaign, posting various facts, a few myths and inspiring stories related to cardiac emergency preparedness. Here are a few of our favorite posts. Follow us today @supportprojectadam or click on the pictures below to be navigated to our Facebook and Instagram pages.

You
Can save a LIFE by
learning **CPR**.



70% of *Cardiac Arrests* happen
outside a hospital.

Project ADAM®
SAVES LIVES

Examine your Surroundings

Do you know where the nearest **AED** is
if you have to get it quickly?



Project ADAM[®]
SAVES LIVES

RECOGNIZE

when someone may be having a **sudden cardiac arrest**.
If they are not responsive and not breathing normally,
they need HELP.

Are they breathing
normally?

NO

Are they awake?

NO

They need

CPR!!



Project ADAM®
SAVES LIVES

Hero Spotlight: high school senior saved thanks to quick actions by school staff

When Maddie Hoffman's heart stopped on the football field during practice, school staff sprang into action. Thanks to the heroic efforts of Pennridge High School's hockey coach, assistant athletic trainer and assistant marching director, she's here with us today.

**Pennridge High School Senior
Alive Thanks To Quick Actions
By School Staff**

AT THIS TIME OF
THANKSGIVING
CELEBRATION, WE ARE
ESPECIALLY THANKFUL
FOR ALL OF OUR
SCHOOL AND
COMMUNITY PARTNERS

**CPR AND AEDS
SAVE LIVES**



Project ADAM
SAVES LIVES



Stay tuned to your inbox for February's newsletter!
Have an idea, story or picture to share? We'd love to hear it!
Email us for a chance to be featured in our upcoming newsletter.

**For questions/help with activities related to
cardiac emergency preparedness, contact:**

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Project ADAM's mission is to educate school systems, nurses, coaches, trainers, parents and others about pediatric sudden cardiac death. Project ADAM helps implement public access defibrillation programs (PAD) across Texas and the nation. Our goal is to increase the awareness of sudden cardiac death and establish emergency programs that help to provide a timely and lifesaving response.

