

HeartSafe Lyme



Call 911

Do CPR

use an AED

advanced help

get ongoing care

If someone you know is having a sudden cardiac arrest (when the heart stops beating):

Can you recognize this?

Do you know what to do?

Do you know where the nearest AED is (or even what one is)?

Do you know how to use it?

You can be part of a loved one's Chain of Survival

Time is everything to someone whose heart has stopped beating. Survival requires your action within the first three minutes. Not acting will lead to irreversible brain damage or death.

The Chain of Survival is all you need to know. Immediate recognition and activation (call 911), early CPR, rapid defibrillation, effective advanced-life support and integrated post-cardiac arrest care.

HeartSafe Lyme

This is a town wide initiative to increase the number of us who know CPR and how to use Automatic External Defibrillators (AEDs).

Learning CPR and how to use an AED

Over 200 Lymies have been trained in these life-saving techniques – would you like to learn?

Take a class

- Classes held at the Lyme Fire Station – offered throughout the year
- Get a group together - we've worked with the Lyme Foundation board, annually the Lyme School 8th graders, volunteers and staff at the Lyme Library, and members of the Lyme First Baptist Church.

Finding AEDs

24/7/365 Public Access

- Lyme Police Department vestibule - the phone there connects directly to emergency help
- Lobby Of Dowd's Country Inn

Hours-of-operation Public Access

- Lyme Elementary School
- Crossroads Academy
- Dartmouth Skiway
- Post Pond during the summer months for lifeguard-only access
- Lyme Congregational Church
- Converse Library
- Rich Insurance Company

Through CPR-certified town health and safety officers

- Each police cruiser
- Lyme Rescue

We thank our neighbors for funding and support:

- The Lyme Foundation
- Rich Insurance
- Congregational Church Women's Fellowship
- Those Guys

Want to know more? Contact Karen Keane at karenwkeane@me.com