



**American  
Red Cross**

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Cape Cod and Islands Chapter  
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## Media Alert

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### **For Immediate Release**

#### **American Red Cross Launches Brand New Hands-Only Citizen CPR Courses in February**

Hyannis, Mass., January 24, 2011 — The American Red Cross, Cape Cod and Islands Chapter will be offering brand new special Hands-only *Citizen CPR* courses in February at their Chapter House at 286 South Street in Hyannis. The classes will be held on February 13 at 2:00 pm and February 24 at 6:00 pm. The course will last for approximately 30 minutes and costs \$20. Registration is possible at [www.cciredcross.org](http://www.cciredcross.org) or by calling (508) 775-1540.



Recent research has shown that continuous Compression-only CPR can be effective in caring for a person with no signs of life when a rescuer is unable, untrained or unwilling to perform full CPR. In response to this research, First Aid and CPR for Everyone was developed. It is geared toward providing students with an educational overview, which can help them recognize and react to an emergency.

Reports show that the United States has a population of over 300 million people and less than 3 percent are formally trained in First aid and CPR each year. This course is being offered in response to a National American Red Cross initiative to train 5 million people in Hands-only Citizen CPR in 2011, reaching out to those who aren't required to have training for their job.

Everyone should learn at least Hands-only CPR. If you are a workplace responder, live or play around water or have a residential pool/hot tub, have children or work with children; or have a job related duty to respond, you should be trained in full CPR.

The Citizen CPR class is NOT a replacement for an official training class and does not provide certification. The American Red Cross continues to offer many official Adult CPR/AED and First Aid training classes at other dates, both in full class room setting or in a blended combination of online and classroom setting.

To find out more about Red Cross training schedules, volunteering for the Red Cross, for disaster preparedness information in English, Spanish or Portuguese, or to donate, please contact the American Red Cross, Cape Cod Islands Chapter, 286 South Street, Hyannis, MA 02601, call (508) 775-1540 or visit [www.cciredcross.org](http://www.cciredcross.org)

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