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## The Florida Department of Health in Hernando County hosts Virtual CPR Classes



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**Spring Hill-** The Florida Department of Health in Hernando County will host six free virtual Community CPR classes for area residents beginning Wednesday, August 19. Facilitated by Julie Stack of CPR Resq, these three-hour classes will be held on the Zoom platform and successful completion will result in a two-year CPR certification. Class participation requires a device equipped with a functioning microphone and camera.

Every year, about 800,000 Americans have a heart attack. Most of these are first time heart attacks and happen in and around home or work. Knowing the signs and symptoms of a heart attack and quick response can possibly save the life of a friend or loved one. Participants of this class will learn signs and symptoms of heart attack and obstructed airway, basic CPR skills, techniques to clear a blocked airway, and how to use an automated external defibrillator.

To register for a class, click [here](#). Participation is limited so early registration is suggested.

For additional information, contact the Department of Health at 352-540-6817.

### About the Florida Department of Health

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. Follow us on Twitter at [@HealthyFla](#) and on [Facebook](#). For more information about the Florida Department of Health please visit [www.FloridaHealth.gov](http://www.FloridaHealth.gov).