

## County-wide System

Portage County Emergency Medical Services is a multi-tiered system designed to deliver quality care when and where it is needed most.

Our response begins the moment 911 is called. Highly-trained public safety dispatchers gather critical information from the caller using a nationally recognized interview system.

Dispatchers can also provide first aid and CPR instructions to the caller when needed.

Quick responding Emergency Medical Responders are trained and equipped to handle many life threatening emergencies until the ambulance arrives.

All ambulances in Portage County provide advanced life support and are staffed with Paramedics and Intermediates. Our ambulances have progressive medical protocols and state of the art equipment.

A Rapid Response Unit (RRU) responds with the ambulances when additional support is needed on difficult cases. The RRU also provides on-site care at many special events around the county.

## We need you!

Many Emergency Medical Responder Groups in Portage County rely on community volunteers to do the important work they do.

**We'll train you.** Training to become an Emergency Medical Responder is conducted by Mid-State Technical College and consists of 60 hours of classroom and hands-on training.

**We'll give you the equipment.** Each Emergency Medical Responder Group provides the necessary medical and safety equipment to respond.

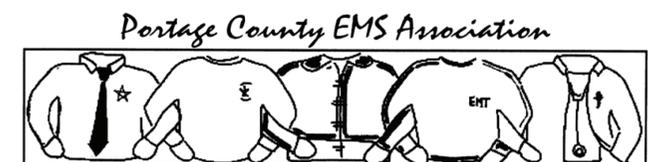
Give us a call today.



Portage County EMS  
EMS Coordinator  
1500 Strongs Avenue  
Stevens Point WI 54481  
(715) 346-1399  
[co.portage.wi.us](http://co.portage.wi.us)



## Portage County Emergency Medical Services



*"Strengthening the Chain of Survival"*

## Chest Pain



A heart attack or myocardial infarction is when the heart muscle is not getting enough oxygen due to a blocked coronary artery. This

is a true emergency and you should recognize the signs:

- Chest pain or tightness
- Shortness of breath
- Sweating
- Nausea

Call 911 and stay with the person until help arrives.

Do not delay calling for help. Each minute the heart muscle goes without oxygen, the more damage is done.

Do not drive yourself or a person experiencing chest pain to the hospital. If your chest pain is due to a heart attack, it may lead to sudden cardiac arrest. The Emergency Medical Responders and ambulances of Portage County are trained and equipped to provide important CPR, defibrillation and advanced cardiac life support.

## Cardiopulmonary Resuscitation (CPR)

If an adult suddenly collapses and is not breathing or not breathing normally, they need CPR and defibrillation!

The American Heart Association Hands-Only™ CPR makes it easy:

1. Call 911
2. Push hard and fast on the center of the chest until help arrives
3. The 911 Dispatcher will give further instructions if needed

The 911 Dispatcher can also give instructions for unresponsive children or collapses from causes other than a heart attack.



### Learn more:

- [HandsOnlyCPR.org](http://HandsOnlyCPR.org)
- [RedCrossNCWI.com](http://RedCrossNCWI.com)

## Automated External Defibrillator (AED)

When a person experiences a sudden cardiac arrest, an AED can shock (defibrillate) it back to normal.

**Operation of an AED is very easy and safe.**

Most units start by pressing a green ON or #1 button. Voice prompts then take you through the rest of the steps.



Many public locations now have AEDs:

- Office buildings
- Churches
- Grocery stores
- Municipal buildings
- Schools
- Sports arenas
- Airports

Take note of their locations as you go about your day. You never know when you could use one to save a life.