

5/21/2020

It's Save a Life Day of EMS Week and Durham Counts want to remind you of the importance of CPR. "Cardiopulmonary Resuscitation (CPR) is an emergency lifesaving procedure performed when the heart stops beating. Immediate CPR can double or triple chances of survival after cardiac arrest". Did you know that hands-only CPR has been shown to be as effective as conventional CPR for cardiac arrest at home, at work or in public?

Watch this video for more information:

Did you know that Census data informs decisions about federal funding that supports health care and emergency services? EMS professionals have a strong desire to have a positive impact in a person's life. Let's show our support for them by completing the [#2020Census](#) questionnaire!

While sheltering in place, and attending to personal, professional and academic responsibilities, remember to complete the Census online, by mail or by telephone.

On average, it takes less than 10 minutes to complete the Census questionnaire. Completing the Census is an opportunity to continue to positively impact our community! Everyone Counts! Including You! [#DurhamCounts](#) [#MakeNCCount](#) [#2020Census](#) @NCCensus @NCCounts

Due to COVID-19 the deadline to complete the Census is extended to October 31, 2020.

Go to [my2020census.gov](https://my2020census.gov) to complete the Census online.  
Call 844-330-2020 to respond to the Census by phone in English.  
Call 844-468-2020 to respond to the Census by phone in Spanish.