

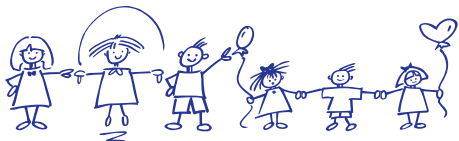
Having a J.A.N.E.T. Plan – Janet's Always Near Emergency Treatment

- All coaches and youth leaders are CPR and AED certified
- AEDs are on site at all youth activities and retrievable within 3 minutes
- Emergency Action Plan is in place and practiced
- Standard First Aid Kit, including AED is at team/organization practices, games and trips
- Mandatory sports physicals, cardiac questionnaire, medical release and emergency consent forms for all sports
- The AED, first aid kit and children's medical information are kept with the JANET bag at practices and games.

Random Acts of Kindness

In keeping with Janet's love and caring for others, we will perform random acts of kindness to improve our communities and help those in need.

You can be a part of one of our acts or organize one yourself. Please email us at info@janetzilinski.org.



Be A Volunteer

Volunteers are what makes all of this happen. We need your help to plan/hold awareness events and fundraisers, assist with cardiac screenings, coordinate CPR/AED training and much more.

If you are interested in becoming a volunteer, or have a special service you can donate, please contact us at info@janetzilinski.org.

Sponsorships/Donations

Through sponsors and fundraising, WE WILL SAVE LIVES. Corporate sponsorship is greatly appreciated as well as personal and family sponsorship. Visit our website for details. Donations in any amount are greatly appreciated.



Her beat will go on forever...

The Janet Zilinski Memorial Fund
P.O. Box 150
Martinsville, NJ 08836



A Member of
Parent Heart Watch

(908) 566-8729
thejanetfund.org



The Janet Fund

"saving young hearts one beat at a time"

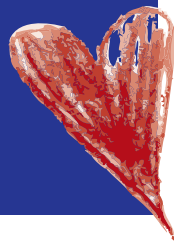
The Janet Zilinski Memorial Fund (JZMF) was established in 2006 after the sudden death of eleven year old Janet Zilinski on August 10th, 2006. Janet, a seemingly healthy child, collapsed while jogging at cheerleading practice. CPR was started immediately but an Automated External Defibrillator was not onsite. Janet died later that evening at the hospital. More than two years later, it was discovered that Janet was born with a congenital heart defect known as bilateral hypoplasia of the right and left circumflex coronary arteries.

The Janet Zilinski Memorial Fund is a non-profit, 501 (c)(3) organization. Federal Employer Identification #37-6413464. We are dedicated to making New Jersey a heartsafe state for children by raising awareness of sudden cardiac arrest in youth. We are committed to taking action to improve survival rate in children by making Automated External Defibrillators (AEDs) readily available at schools, playing fields and youth sports and providing training in CPR and AED use. We are passionate about Janet's Law and committed to having legislation approved making AEDs mandatory in NJ schools and youth sports.

thejanetfund.org

What is Sudden Cardiac Arrest?

SCA is a condition that occurs when the heart abruptly ceases to function causing the heart's pumping to suddenly become rapid and irregular. Blood is no longer pumped to the rest of the body and death is imminent if not treated immediately. There are often no warning signs or symptoms.



Sudden Cardiac Arrest: Signs & Symptoms in Children

- Dizziness or fainting, especially during sports/activity
- Fatigue
- Lightheadedness
- Heart Palpitations
- Unable to keep up with friends; tires more quickly than friends
- None - Victims often appear healthy without any signs or symptoms

Sudden Cardiac Arrest: Facts about Children

- SCA is the leading cause of death in young athletes.
- SCA victims collapse without warning, become unconscious and death is imminent if not treated immediately.
- SCA kills between 5,000–7,000 children each year.
- SCA in children occurs most often between the ages of 10 and 19.
- SCA is the leading cause of death on school property.



SCA Survival Statistics

- Current survival rate for SCA is less than 5%.
- 95% of SCA victims die before reaching the hospital
- 27.4% receive bystander CPR
- Incidence of lay responder defibrillation 2%

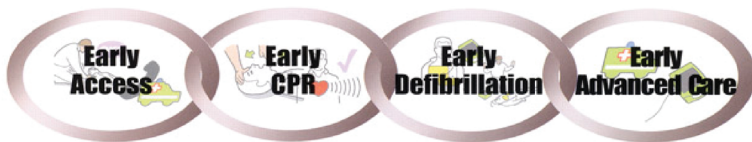
Janet's Law would require AEDs in every school in New Jersey. Please contact your legislator at www.njleg.state.nj.us and ask them to support Janet's Law

Automated External Defibrillator (AED) Facts

- An electrical impulse from an AED can restart the heart into a normal rhythm.
- If defibrillated within the 1st minute of SCA, survival chances are close to 90%.
- When an AED is used within 3-5 minutes of SCA, the survival rate is close to 75%.
- Every minute of delay in defibrillation = 10% decrease in survival rate.
- AEDs are easy to use.

The Sudden Cardiac Arrest Chain of Survival

1. Early access to 911
2. Early CPR – the critical link that buys time
3. Early Defibrillation – AED
4. Early Advanced Care (Paramedics/Emergency Room)



*Recent studies suggest this is the single most important factor affecting survival from SCA.

Document References: American Heart Association, Sudden Cardiac Arrest Association, Parent Heart Watch, Studies by Drezner JA, Maron BJ

Questions to Ask Before Sending Your Children to School/Camp/Sports

- Do you have an Automated External Defibrillator (AED)?
- How many people are trained in CPR and to use the AED?
- Where is the AED kept? Is it reachable within 3 minutes?
- Is there an Emergency Action Plan established?
- How far away is the closest hospital?
- What is the average response time of the rescue squad? (Average response time in NJ is 19 minutes.)

