

February 17, 2020

## HEALTH DEPARTMENT OFFERS TRAINING TO SAVE LIVES



**Contact:**

Mary von Mohr, Health Strategist  
[mary.vonmohr@flhealth.gov](mailto:mary.vonmohr@flhealth.gov)  
(904) 557-9133

Fernandina Beach, FL - More than 30,000 lives could be saved each year with effective bleeding control, until professionals arrive. Get trained and make a difference!

The Florida Department of Health-Nassau invites all interested community members to attend one of four **STOP THE BLEED** trainings offered in March throughout Nassau County. This training is intended to encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives.

No matter how rapid the arrival of professional emergency responders, bystanders will always be first on the scene. A person who is bleeding can die from blood loss within five minutes, therefore it is important to quickly stop the blood loss. Those nearest to someone with life threatening injuries are best positioned to provide first care.

### FOUR DATES – TIME – LOCATIONS TO CHOOSE FROM:

1. March 5, Thursday - Callahan Library, 4:30- 6:00 p.m.  
450077 FL-200 #15, Callahan
2. March 6, Friday - Macedonia AME Church, 11:30 a.m.-1:00 p.m.  
202 S 9th St, Fernandina Beach
3. March 11, Wednesday - Amos White Community Center  
153180 County Road 108, Yulee (Evergreen) Time to be determined – Please call
4. March 13, Friday - The Journey Church Outreach Center, 10:00 -11:30 am  
95707 Amelia Concourse, Fernandina Beach

Information on where to obtain or make a Stop the Bleed Medical Kit will be provide. Limited number of kits will be available for faith-based organizations being represented at the training that register in advance. Please register in advance to secure your participation

For more information or to register: contact Barb Baptista at 904-753-1258 or [barbara.baptista@flhealth.gov](mailto:barbara.baptista@flhealth.gov).



## **About the Florida Department of Health**

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on [Facebook](#), [Instagram](#) and Twitter at [@HealthyFla](#). For more information about the Florida Department of Health please visit [www.FloridaHealth.gov](http://www.FloridaHealth.gov).