



## Marin County Fire Chiefs Association

1004 Sir Francis Drake Blvd.  
Kentfield, CA 94904

Phone: 415 453-7464

### For Immediate Release:

Don't delay your call to 9-1-1 if you're injured or are experiencing a medical emergency or have medical concerns associated with the Coronavirus. Rest assured the First Responders and Healthcare professionals are taking all the necessary precautions to protect patients, as well as themselves, from contracting the virus. Timely access to emergency care is your best defense against having a negative outcome from your injury or illness. Recognize dangerous signs and symptoms early and take action by calling 9-1-1.

Common warning signs for Heart Attack and Stroke include:

- Pain or discomfort in the chest
- Lightheadedness, nausea or vomiting
- Jaw, neck or back pain
- Discomfort or pain in the arm and shoulder
- Shortness of breath
- Balance
- Eyes blurred or double vision
- Facial droop
- Arm weakness
- Speech difficulty

If you're experiencing any of these symptoms, or others, it's time to call 9-1-1. The Emergency Communications Dispatcher will gather information related to your illness or injury in order to dispatch the appropriate resources. First Responders will promptly assess your situation and begin care and transportation to the most appropriate health care facility.

Other items to consider during the pandemic:

- Donate blood
- Adhere to distancing, stay at home and facial covering orders
- Check on elderly neighbors in need of assistance and minimize their exposure
- While shopping purchase only what you need
- Check out Get Ready Marin's website
- Identify and enhance defensible space around your home

A handwritten signature in black ink, appearing to read "Bill Tyler".

Bill Tyler, Fire Chief  
Novato Fire Protection District  
President of the Marin County Fire Chiefs' Association