

Harper's Embrace Lifesaver Program- Covid-19 response:

As San Antonio is trying to flatten the curve of new cases of COVID-19, Harper's Embrace Lifesaver Program (H.E.L.P.) wants to do our part, and still be able to offer our FREE CPR Education classes to you and your family and friends.

H.E.L.P classes have been and will continue to be low risk of contracting any infectious disease. There is minimal contact with others and every piece of equipment is always properly disinfected before and after each use.

Our goal at Harper's Embrace Lifesaver Program is to continue our mission to teach children, parents, and all members of our community CPR skills at no cost.

The American Heart Association has released COVID-19 guidelines regarding CPR Training to comply with CDC guidelines. H.E.L.P is following these required guidelines to ensure the safety of our students and our instructors by the following steps:

- Cleaning mannequins and equipment before class, after class, and before another student uses a mannequin.
- Each student will be issued their own mannequin to use during the class.
- Direct mouth-to mouth ventilations will not be practiced. It will be demonstrated by instructor only.
- Students spaced 6 ft apart in the classroom.
- Limit of 6 students per class.
- Students will be required to wash their hands before class. Hand sanitizer will be provided.
- We highly recommended each student wear a mask during training.

Students must reschedule:

- If you have a fever, cough or are feeling ill
- If you are having any respiratory issues
- If you live in or have recently traveled to an area where there is ongoing spread

HELP also offers a Virtual CPR Education class that you can take in the safety of your own home. For more information or to book your class now, call 210-804-4357 or email

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We are in this together!