



## Panhandle Health District

*Healthy People in Healthy Communities*

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## NEWS RELEASE

### **Stop the Bleed & Narcan Training Available** Panhandle Health District – May 2, 2024

Knowing how to control bleeding from a serious injury or how to respond to an overdose are critical survival skills, whether you find yourself called upon to act for a family member, neighbor or yourself. In support of National Stop the Bleed month, Panhandle Health District (PHD) is offering free Stop the Bleed and Narcan training to help stop preventable deaths from opioid overdose and bleeding after injury.

The World Health Organization reports that bleeding is the number one cause of death from injury. The US is also in the midst of an opioid overdose epidemic. Fortunately, deaths from bleeding and overdose are preventable with the right training.

“You don’t have to be a doctor, nurse, paramedic or EMT to be empowered to stop the bleed or administer Narcan,” said Jennifer Ekizian, PHD’s Public Health Preparedness Training and Exercise Coordinator. “Everyone is welcome to attend the training and learn these essential skills because you never know when you might need them.”

The trainings will be offered throughout the month of May at PHD locations in north Idaho. Participants can choose to take both Stop the Bleed and Narcan training or just take one training. The community can register for a training through Eventbrite:  
[www.eventbrite.com/o/panhandle-health-district-40333651953](https://www.eventbrite.com/o/panhandle-health-district-40333651953)

**Friday, May 3rd** 10am-1:30pm, Panhandle Health District 8500 Atlas Rd, Hayden

**Monday, May 6th** 2pm-6pm, Panhandle Health District 2101 W. Pine St, Sandpoint

**Saturday, May 11<sup>th</sup>** 12-3:30pm, Panhandle Health District 8500 Atlas Rd. Hayden

**Saturday, May 11<sup>th</sup>** 3:30-5:30pm\*, Panhandle Health District 8500 Atlas Rd. Hayden

\*Stop the Bleed Certified Training only from 3:30-5:30pm

**Friday, May 17th** 1pm-5:00pm, Panhandle Health District 35 Wildcat Way Kellogg

**Wednesday, May 29th** 11am-3pm, Panhandle Health District 137 N. 8th St., St. Maries

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**Panhandle Health District** provides over 40 different public health programs to families, individuals and organizations in northern Idaho. From food and drinking water safety to health education and disease control, public health services are critical to ensure our community is a safe and healthy place to live, work and play.

The PHD team is made up of nurses, nutritionists, environmental health specialists, health educators and many other dedicated professionals with a common goal to deliver vital public health services.

Panhandle Health District is one of seven health districts in the state of Idaho.