



# STOP THE BLEED

## Lifesaving training is for everyone

### *Did you know?*

There are three important statistics for Lamar County relating to deaths that are not a result of chronic disease or health. These are injury deaths, firearm fatalities, and motor vehicle crash deaths. According to the 2019 County Health Rankings, Lamar County is rated significantly higher than both Texas and the United States in all three of these statistics. Many times, victims bleed to death before emergency first responders arrive. Stop The Bleed training is designed to teach our community members how to stop traumatic bleeding in emergency situations. Sign up for a training class today!

<https://www.countyhealthrankings.org>

Contact Rhonda Brown at the Paris-Lamar County Health District if you are interested in participating in a FREE upcoming Stop The Bleed training class.

**Rhonda Brown**  
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**Paris-Lamar County Health District**  
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