

# SUDDEN CARDIAC ARREST:

## YOU CAN SAVE A LIFE

**Sudden Cardiac Arrest (SCA)** is a life-threatening emergency that occurs when the **heart suddenly stops beating**. When SCA happens, the person collapses and doesn't respond or breathe normally. They may gasp or shake as if having a seizure.

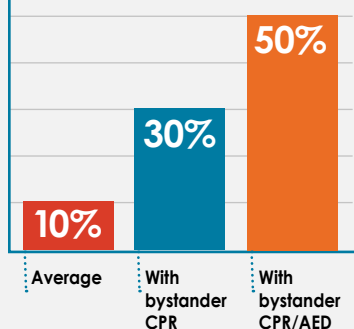
**Sudden Cardiac Arrest IS NOT the same as a heart attack.**

### SCA VICTIM: HEART ATTACK VICTIM:

- |                          |                        |
|--------------------------|------------------------|
| • Unresponsive           | • Responsive           |
| • Not breathing normally | • Breathing            |
| • Needs CPR/AED          | • Doesn't need CPR/AED |

### BYSTANDER ACTION SAVES LIVES

Out-of-Hospital Cardiac Arrest Survival Rates



### THE SHOCKING FACTS

**Sudden Cardiac Arrest (SCA)** is a national public health crisis affecting **1,000 people outside hospital settings each day**. It strikes people of all ages who may seem to be healthy, even children and teens.



Today only **1 IN 10 SURVIVE SCA**. If bystanders give CPR and use AEDs immediately **5 IN 10 COULD SURVIVE**.



**7 IN 10 SCAs HAPPEN AT HOME.**

You could save the life of someone you love by starting CPR.



### EVERY SECOND COUNTS

SCA leads to death in minutes if the person does not get help right away. For every minute that passes, survival odds decrease by 10%.

### WHAT TO DO

Survival from SCA depends on the quick actions of people nearby who call 911, start CPR and use an AED to restart the heart.



#### RECOGNIZE SCA

If person is unresponsive and not breathing normally, assume SCA.



#### CALL 911 to get help

Follow emergency dispatcher's instructions.



#### PUSH to triple the chance of survival

Start CPR. Push hard and fast in center of chest (100-120 pumps/minute).



#### SHOCK to restart heart

Use AED. Follow step-by-step audio/visual instructions. AEDs can't hurt the person and are meant for anyone to use.