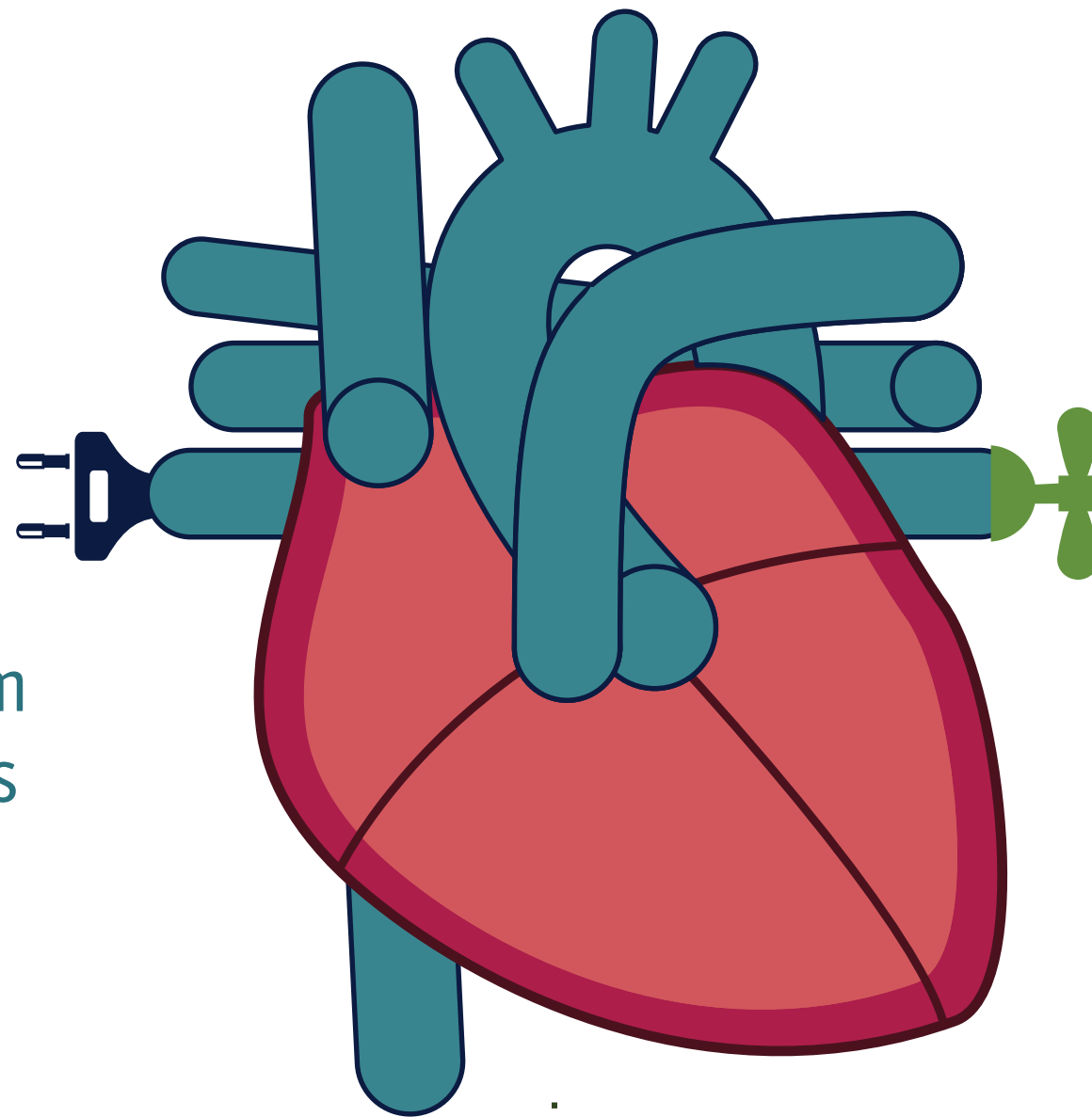


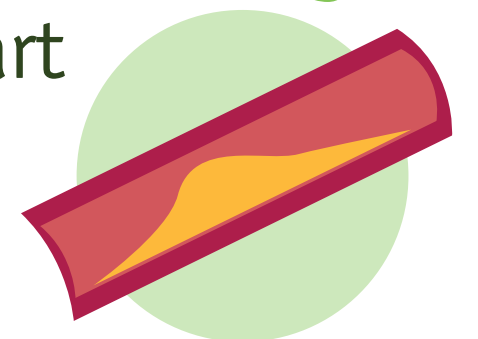
Sudden cardiac arrest

SCA is a problem with the heart's "electrical" system



VS. heart attack

A heart attack affects the "plumbing" of the heart



Usually strikes **without warning**



The heart **suddenly stops beating**, and no blood is pumped to the rest of the body



People with SCA **won't have a pulse**



People may have **early signs**



Blood supply to the heart muscle is **reduced or blocked**, but the heart **keeps beating**

People **have a pulse**, but sometimes a heart attack can cause SCA

Quick action saves lives



1. Call 911



2. Immediately start CPR, hands only



3. Use an automated external defibrillator (AED) to provide an electric shock to the heart

► **Survival rates could double or triple** if more people **take action and know** what to do when someone is in SCA

If you think someone is having a heart attack, **DON'T DELAY.** Call 911 right away.



For more information, visit [CardioSmart.org/SCA](https://www.CardioSmart.org/SCA)

@ACCinTouch #CardioSmart

