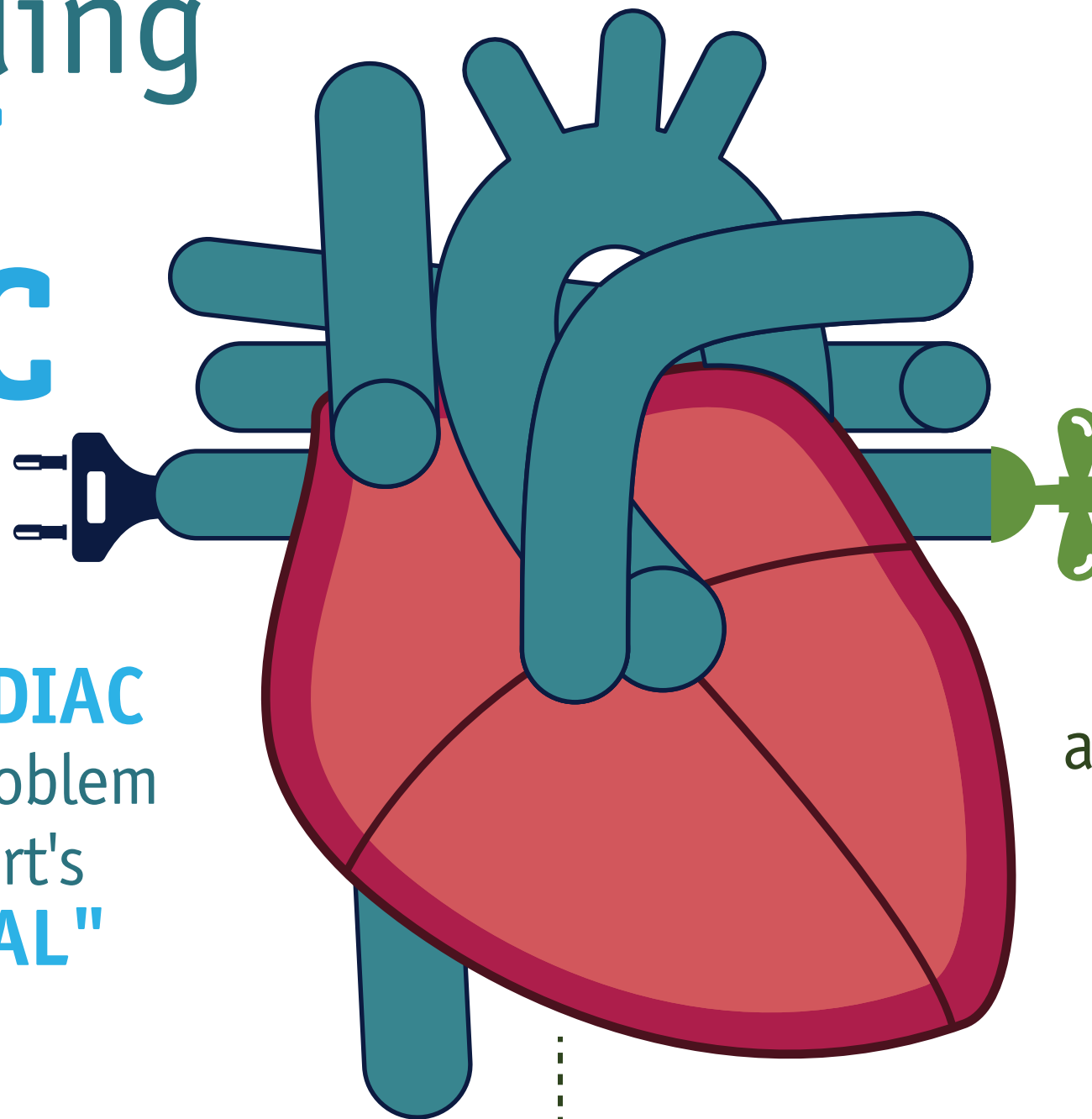
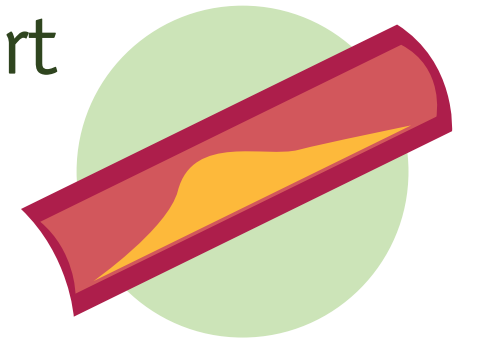


## Understanding **SUDDEN CARDIAC ARREST**

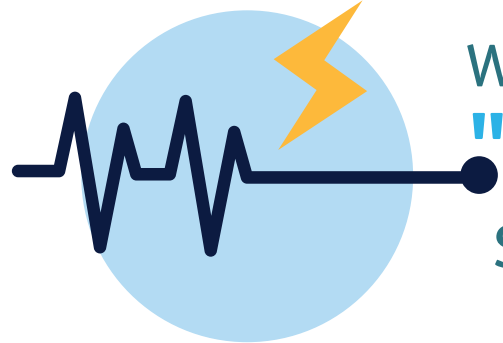


## VS. **HEART ATTACK**

A **HEART ATTACK** affects the "**PLUMBING**" of the heart



**SUDDEN CARDIAC ARREST** is a problem with the heart's "**ELECTRICAL**" system



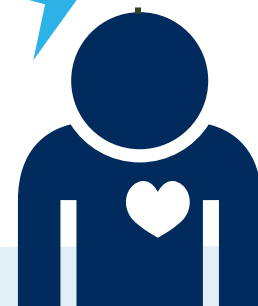
Usually strikes **WITHOUT WARNING**



The heart **SUDDENLY STOPS BEATING**, and no blood is pumped to the rest of the body



People with sudden cardiac arrest **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**, unless the heart attack causes sudden cardiac arrest

## Quick Action **SAVES LIVES**

**1.** Call 911



**2.** Immediately start CPR, hands only



**3.** If available, use an automated external defibrillator (AED) to provide an electric shock to the heart, within minutes



► **SURVIVAL RATES COULD DOUBLE OR TRIPLE** if more people **TAKE ACTION AND KNOW** what to do when someone is in sudden cardiac arrest



Sudden cardiac arrest claims **ONE LIFE EVERY 90 SECONDS**

Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

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