

SUDDEN CARDIAC ARREST:

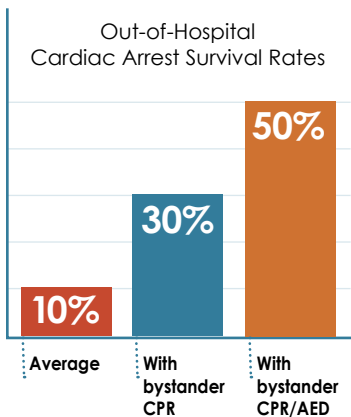
YOU CAN SAVE A LIFE

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



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** survives SCA.



If bystanders give CPR & 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.



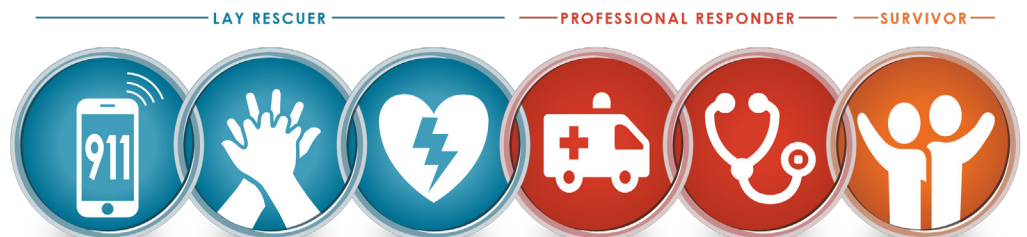
EVERY SECOND COUNTS

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%.

CHAIN OF SURVIVAL

Survival from SCA depends on the quick actions of people nearby.



Call 911

If a person is unresponsive and not breathing normally, call 911.

Start CPR

Push hard and fast in the center of the chest.

Use AED

Use an AED to restart the heart.

Response

EMS provides advanced life support and transport to the hospital.

Care

Medical team provides integrated post-cardiac arrest care.

Recovery

Support team addresses the physical, social, and emotional needs of survivors and their families.



Learn more at sca-aware.org. Follow us:

Proud Co-Sponsor of the **CallPushShock**™ Movement

Source: Heart Disease and Stroke Statistics—2022 Update: A Report from the American Heart Association © 2022 Sudden Cardiac Arrest Foundation. All rights reserved.