

Understanding SUDDEN CARDIAC ARREST

VS. HEART ATTACK

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



A HEART ATTACK affects the "PLUMBING" of the heart



Usually strikes **WITHOUT WARNING**



People may have **EARLY SIGNS**

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



BLOOD SUPPLY to the heart muscle is **REDUCED OR BLOCKED**, but the heart **KEEPS BEATING**

People with sudden cardiac arrest **WON'T HAVE A PULSE**

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