

DO YOU KNOW WHAT TO DO WHEN SOMEONE

SUDDENLY COLLAPSES???

Do you know what sudden cardiac arrest (SCA) is?

What it's NOT

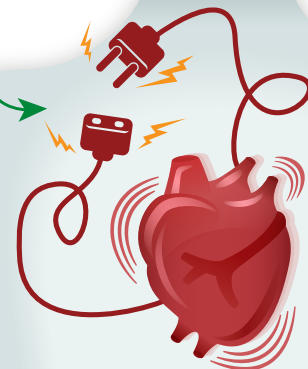
SCA is **NOT** a heart attack — **it's worse**. A heart attack occurs when blood supply to the heart muscle is blocked, but the heart keeps beating.



What it IS

SCA occurs when the **heart's electrical system goes haywire** (ventricular fibrillation) and stops blood flow from the heart.

→ **VENTRICULAR FIBRILLATION**



The heart begins **quivering** during sudden cardiac arrest.

The Facts



SCA strikes suddenly (hence the name).

Anyone, anywhere, anytime — even if they appear healthy.



Less than **10%** survive.

80% of all SCAs happen **at home**.



60% of all SCAs are **witnessed**.



Compression-Only CPR is CPR without mouth-to-mouth breaths.

2 or 3x Compression-Only CPR can **double** or even **triple** a victim's chance of survival.

How do I help?

If you see someone suddenly collapse, **call 9-1-1** and then **push hard and fast** in the center of the chest. Giving good chest compressions is tiring. When others can help, switch chest compressors about every 2 minutes until EMS personnel take over.



"Clear"



If an automated external defibrillator (AED) becomes available, turn it on immediately and **follow the voice instructions**. CPR and Defibrillation before EMS arrives will **help save lives**.



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