

CALL·PUSH·SHOCK



You Can Save a Life from Sudden Cardiac Arrest

SUDDEN CARDIAC ARREST (SCA) IS A PUBLIC HEALTH CRISIS AFFECTING OVER 356,000¹ PEOPLE EACH YEAR IN THE U.S., INCLUDING 23,000 YOUTH UNDER AGE 18.²

Sudden Cardiac Arrest is a life-threatening emergency that occurs when the heart suddenly stops beating. When SCA happens, the person collapses and does not respond or breathe normally. They may gasp or shake as if having a seizure.

Survival depends on the quick actions of people nearby calling 911, starting CPR and using an AED, if available, as soon as possible.

Every second counts!

SCA leads to death in minutes, if the person does not get help right away.



You can triple a person's chance of survival from SCA by starting CPR immediately.

Push hard and fast in the center of the chest 100 to 120 compressions per minute.

7 in 10 SCAs happen at home. You could save the life of someone you love by starting CPR.



Remember:
CPR and AEDs cannot hurt the person, these can only help.



AED



AEDs are meant for anyone to use. Follow the step-by-step audio/visual instructions.



Parent Heart Watch.
THE NATIONAL VOICE
PROTECTING YOUTH FROM SUDDEN CARDIAC ARREST

Join the movement
to save lives from
sudden cardiac arrest



Sudden Cardiac
Arrest Foundation
RAISING AWARENESS. SAVING LIVES.

CallPushShock.org

contact@callpushshock.org

¹Out-of-hospital cardiac arrests. Heart Disease & Stroke Statistics – 2020 Update: A Report from the American Heart Association.
²Okubo M., et al. Resuscitation. 2020 Aug;153:227-233. doi: 10.1016/j.resuscitation.2020.04.023. Epub 2020 Apr 27.

The National Movement to Save Lives from Sudden Cardiac Arrest

CALL·PUSH·SHOCK™



CALL·PUSH·SHOCK™ is a national collaborative movement with a mission to **motivate bystander CPR/AED action and increase sudden cardiac arrest survival.**

We speak in one voice through clear, consistent messaging that drives public understanding and intervention.

Together we empower others to save lives.

What is sudden cardiac arrest?

Sudden Cardiac Arrest (SCA) is a life-threatening emergency that occurs when the heart suddenly stops beating. It strikes people of all ages who may seem to be healthy, even children and teens.

When SCA happens, the person collapses and doesn't respond or breathe normally. They may gasp or shake as if having a seizure.

SCA leads to death in minutes if the person does not get help right away. Survival depends on people nearby calling 911, starting CPR¹, and using an AED² (if available) as soon as possible.

¹ CPR: Cardiopulmonary resuscitation is when you push hard and fast on the center of chest to make the heart pump; compressions may be given with or without rescue breaths.

² AED: Automated external defibrillator is a device that analyzes the heart and if it detects a problem may deliver a shock to restart the heart's normal rhythm.

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to watch Video



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