

SUDDEN CARDIAC ARREST:

OCTOBER

National
Sudden Cardiac Arrest
Awareness Month

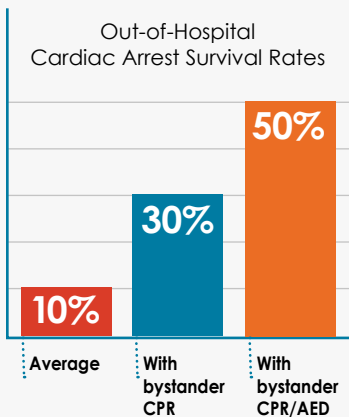
YOU CAN SAVE A LIFE

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
• Heart stopped	• Heart beating
• 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%.

WHAT TO DO

Survival from SCA depends on the quick actions of people nearby who call 911, start CPR and use an AED to restart the heart.



RECOGNIZE SCA

If person is unresponsive and not breathing normally, assume SCA.



CALL 911 to get help

Follow emergency dispatcher's instructions.



PUSH to triple the chance of survival

Start CPR. Push hard and fast in center of chest (100-120 pumps/minute).



SHOCK to restart heart

Use AED. Follow step-by-step audio/visual instructions. AEDs can't hurt the person and are meant for anyone to use.



Learn more at sca-aware.org. Follow us



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

Source: Heart Disease and Stroke Statistics—2019 Update: A Report from the American Heart Association © 2020 Sudden Cardiac Arrest Foundation. All rights reserved.