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## Things You Should Know About Sudden Cardiac Arrest

Here are some basic facts everyone should know about sudden cardiac arrest.

### **Myth No. 1: SCA is rare.**

*Fact: The number of people who die from SCA each day is equivalent to the number who would die if two jet planes crashed every single day killing nearly everyone on board.*

### **Myth No. 2: SCA is the same as a heart attack.**

*Fact: When people have heart attacks, they are awake and their hearts are beating. When people have SCA, they are not awake and their hearts are not beating. Heart attack can lead to SCA, but there are also many other causes.*

### **Myth No. 3: SCA only happens to the elderly.**

*Fact: SCA happens to people of all ages, including more than 6,000 youth under the age of 18 each year.*

### **Myth No. 4: SCA only happens to people with a history of heart problems.**

*Fact: SCA is often the first indication of a heart problem.*

### **Myth No. 5: Victims are better off waiting for professional help to arrive.**

*Fact: Time is of the essence. Immediate bystander intervention can mean the difference between life and death.*

### **Myth No. 6: Only trained personnel are allowed to use Automated External Defibrillators.**

*Fact: AEDs can be used effectively by anyone who can follow visual and voice prompts.*

### **Myth No. 7: AEDs can hurt people by shocking them inappropriately.**

*Fact: People in cardiac arrest are clinically dead. Your actions can only help.*



# YOU CAN SAVE A LIFE.

Here's what to do if someone suddenly collapses, appears unresponsive, and is not breathing normally.

- Recognize the emergency and decide to act.
- Call 9-1-1 and send someone to retrieve the nearest AED. If you are alone, retrieve the AED immediately.
- Push hard and fast on the center of the chest at a rate of 100-120 compressions per minute and a depth of two inches.
- Once an AED is available, position it next to the patient, turn it on, and follow the visual and voice prompts.

For more information, visit [www.sca-aware.org](http://www.sca-aware.org).



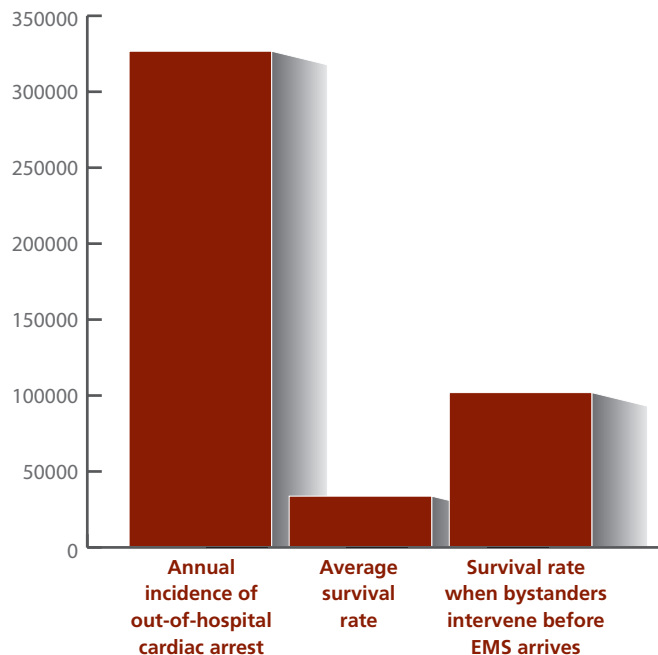
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## Survival from EMS-Treated Out-of-Hospital Cardiac Arrest



Source: AHA Heart Disease and Stroke Statistics 2015 Update