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Parent Heart Watch is the national voice solely dedicated to protecting youth from Sudden Cardiac Arrest (SCA) and preventable Sudden Cardiac Death (SCD). We lead and empower others by sharing information, educating, and advocating for change through a variety of nationwide campaigns that raise awareness about a syndrome that could be prevented.

We are thrilled to partner with youth-focused organizations to help equip school nurses, educators and administrators with the information they need to help educate their school community about the incidence of SCA in youth and strategies to protect young hearts.

Our hope is that you champion SCA/D prevention in your district, among your school administration, faculty and parents, because as you can see, the incidence of SCA/D among youth is staggering:

- SCA is the #1 killer of student athletes
- Cardiovascular disease is the #2 medical cause of death under 25
- In the US, 1 young athlete dies every 3 to 4 days from a heart condition
- SCA is the leading cause of death on school campuses

This kit provides tools we hope you will use to raise awareness and motivate your community to take action. Please place them in public areas and distribute them widely.

- letters and fact sheets to introduce SCA/D prevention
- SCA fact sheets and position statements
- Cardiac Emergency Response Plan template you personalize to your school
- tools to create your Cardiac Emergency Response Team
- sample cardiac emergency drills for your school size (like fire drills)
- postcards and posters (*can be downloaded or ordered for FREE from the Resources page of our website*)

Frequently, warning signs and symptoms of a youth heart condition go undetected, so our posters and flyers help students, parents and educators understand what those symptoms look like, as well as the value of youth heart screenings. Equally important, we have materials detailing the Cardiac Chain of Survival—the five steps to save a sudden cardiac arrest victim. Our materials also overview *Commotio Cordis*— how to save a student in sudden cardiac arrest after a blow to the chest.

Thank you in advance for your participation in this life-saving campaign!