# SUDDEN CARDIAC ARREST

## Versus

## HEART ATTACK

**They are not the same**

<table>
<thead>
<tr>
<th><strong>Electrical</strong></th>
<th><strong>Plumbing</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardiac arrest occurs when the electrical system of the heart unexpectedly stops functioning.</td>
<td>A heart attack occurs when blockage in a coronary artery interrupts blood flow to the working heart.</td>
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<tr>
<td>It happens to children, teens, young and old adults.</td>
<td>Occurs mostly in people over age 35.</td>
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<tr>
<td>Cardiac arrest can occur without warning, but may be preceded by palpitations, dizziness, chest pain or shortness of breath before collapse and loss of consciousness.</td>
<td>Victims usually remain conscious and may experience chest, neck or left arm pain, shortness of breath, sweating or nausea; but a heart attack can also lead to cardiac arrest.</td>
</tr>
</tbody>
</table>

- Call 9-1-1
- Start CPR
- Use AED (defibrillator)
- Continue CPR and AED use until EMS arrives.

- Call 9-1-1
- Start CPR and use AED, if person becomes unconscious
- EMS will begin treatment upon arrival
- Once at hospital, a medical procedure may be used to open the blocked artery.

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**Parent Heart Watch**

The National Voice Protecting Youth From Sudden Cardiac Arrest.