When Every Second Counts... YOU Make the Difference!

CARTIAC CHAIN OF SURVIVAL

1. Recognize Sudden Cardiac Arrest
   - Collapsed and unresponsive
   - Gasping, gurgling, snorting, moaning or labored breathing noises
   - Seizure-like activity
   - Blunt trauma to the chest

2. Call 9-1-1
   - Confirm unresponsiveness
   - Call 9-1-1 and follow emergency dispatcher’s instructions
   - Call on-site first responders; one should retrieve AED

3. Start CPR Immediately
   - Push hard, push fast on the center of the chest

4. Use Automated External Defibrillator (AED)
   - Immediately retrieve and use an AED to restore the heart to its normal rhythm

5. Advanced Care
   - Emergency Medical Services (EMS) responders begin advanced life support including additional resuscitative measures and transfer to a hospital

For more information:
www.ParentHeartWatch.org or 800-717-5828