SUDDEN CARDIAC ARREST VERSUS HEART ATTACK
THEY ARE NOT THE SAME

**ELECTRICAL**
Cardiac arrest occurs when the electrical system of the heart unexpectedly stops functioning

- It happens to children, teens, young and old adults
- 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

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

**PLUMBING**
A heart attack occurs when blockage in a coronary artery interrupts blood flow to the working heart

- Occurs mostly in people over age 35
- 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

- 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

Parent Heart Watch
THE NATIONAL VOICE
PROTECTING YOUTH FROM SUDDEN CARDIAC ARREST