

# IS YOUR CHILD AT RISK FROM AN UNDETECTED HEART CONDITION?

Don't Assume. **Ask them!**



Passing out or seizure  
during or after  
physical activity



Chest pain  
during  
physical activity



Palpitations  
or  
racing heart



Frequent dizziness  
during  
physical activity



Unexplained shortness  
of breath or fatigue  
during physical activity



Sudden or unexplained  
death of family member  
before age 50



History of  
heart disorder in  
family member(s)

Preventative care should always include a comprehensive cardiac risk assessment to protect young hearts from sudden cardiac arrest. Consult a physician if one or more of these warning signs is present.



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

[ParentHeartWatch.org](http://ParentHeartWatch.org)