

DO YOU KNOW WHAT TO DO WHEN SOMEONE

# SUDDENLY COLLAPSES???

Do you know what sudden cardiac arrest (SCA) is?

## What it's NOT

SCA is **NOT** a heart attack — it's worse. A heart attack occurs when blood supply to the heart muscle is blocked, but the heart keeps beating.



## What it IS

SCA occurs when the heart's electrical system **goes haywire** (ventricular fibrillation) and stops blood flow from the heart.

→ **VENTRICULAR FIBRILLATION**

## The Facts



**SCA strikes suddenly** *(hence the name).*

**Anyone, anywhere, anytime** — *even if they appear healthy.*



Less than  
**10%** survive.

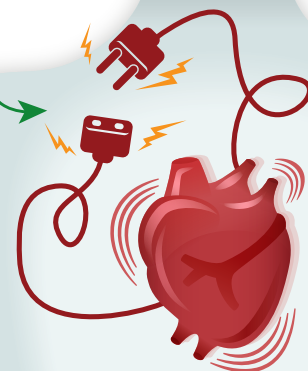
**80%** of all SCAs happen **at home.**

**60%** of all SCAs are **witnessed.**



**Compression-Only CPR**  
is CPR without mouth-to-mouth breaths.

**2 or 3x** Compression-Only CPR can **double** or even **triple** a victim's chance of survival.



The heart begins **quivering** during sudden cardiac arrest.

## How do I help?

If you see someone suddenly collapse, **call 9-1-1** and then **push hard and fast** in the center of the chest. Giving good chest compressions is tiring. When others can help, switch chest compressors about every 2 minutes until EMS personnel take over.



**"Clear"**



If an automated external defibrillator (AED) becomes available, **turn it on** immediately and **follow the voice instructions**. CPR and Defibrillation before EMS arrives will **help save lives**.

**hope**  
HANDS ON PRACTICAL EXPERIENCE



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