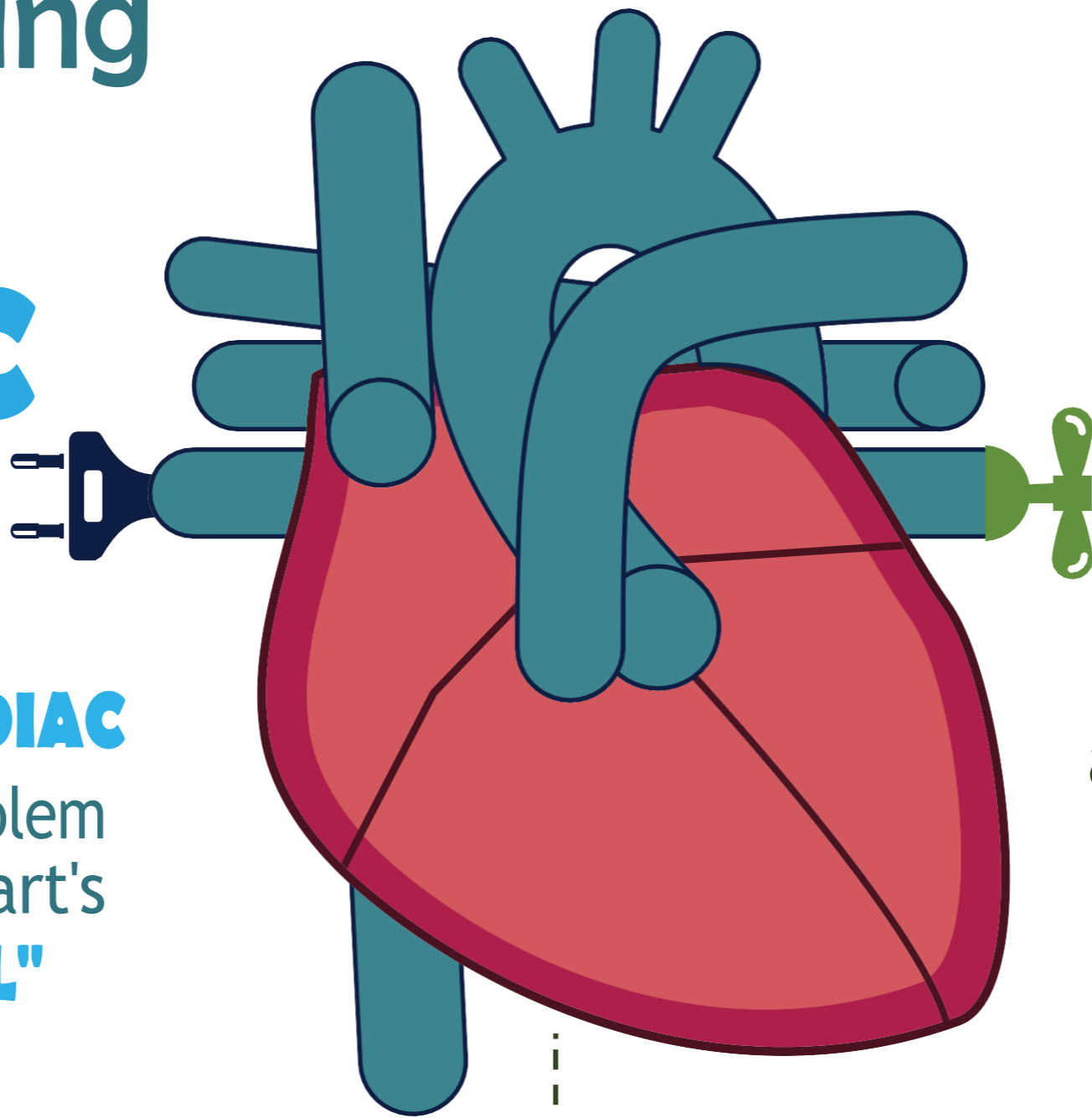


Understanding **SUDDEN CARDIAC ARREST**



VS. **HEART ATTACK**

A **HEART ATTACK** affects the **"PLUMBING"** of the heart

SUDDEN CARDIAC ARREST is a problem with the heart's **"ELECTRICAL"** system

Usually strikes **WITHOUT WARNING**



The heart **SUDDENLY STOPS BEATING**, and no blood is pumped to the rest of the body



People with sudden cardiac arrest **WON'T HAVE A PULSE**



People may have **EARLY SIGNS**



BLOOD SUPPLY to the heart muscle is **REDUCED OR BLOCKED**, but the heart **KEEPS BEATING**

People **HAVE A PULSE**, unless the heart attack causes sudden cardiac arrest

Quick Action **SAVES LIVES**

1. Call 999



2. Immediately start CPR, hands only



3. If available, use an automated external defibrillator (AED) to provide an electric shock to the heart, within minutes



SURVIVAL RATES COULD DOUBLE OR TRIPLE if more people **TAKE ACTION AND KNOW** what to do when someone is in sudden cardiac arrest



Sudden cardiac arrest claims **ONE LIFE EVERY 90 SECONDS**

