

# SUDDEN CARDIAC ARREST:

## YOU CAN SAVE A LIFE

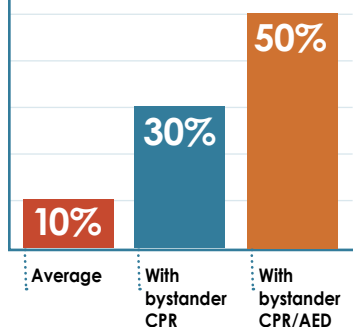
**Sudden Cardiac Arrest (SCA)** is a life-threatening emergency that occurs when the **heart suddenly stops beating**. When SCA happens, the person collapses and doesn't respond or breathe normally. They may gasp or shake as if having a seizure.

**Sudden Cardiac Arrest IS NOT the same as a heart attack.**

SCA VICTIM:	HEART ATTACK VICTIM:
• Unresponsive	• Responsive
• Not breathing normally	• Breathing
• Needs CPR/AED	• Doesn't need CPR/AED

### BYSTANDER ACTION SAVES LIVES

Out-of-Hospital Cardiac Arrest Survival Rates



### EVERY SECOND COUNTS

SCA leads to death in minutes if the person does not get help right away.

**For every minute that passes, survival odds decrease by 10%.**

### THE SHOCKING FACTS

**Sudden Cardiac Arrest (SCA)** is a national public health crisis affecting **1,000 people outside hospital settings each day**. It strikes people of all ages who may seem to be healthy, even children and teens.

Today only **1 in 10** survives SCA.



If bystanders give CPR & use AEDs immediately **5 in 10** could survive.

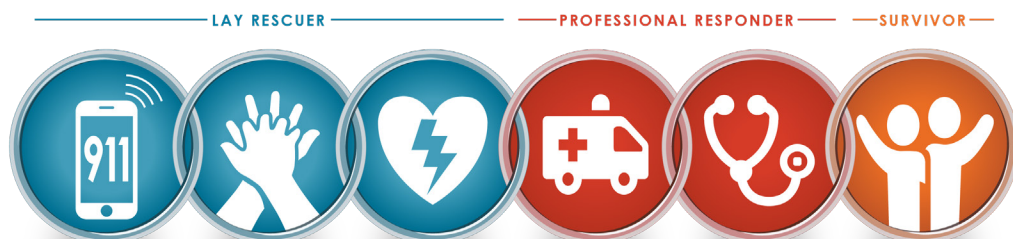


### 7 IN 10 SCAs HAPPEN AT HOME.

You could save the life of someone you love by starting CPR.

### CHAIN OF SURVIVAL

Survival from SCA depends on the quick actions of people nearby.



#### Call 911

If a person is unresponsive and not breathing normally, call 911.

#### Start CPR

Push hard and fast in the center of the chest.

#### Use AED

Use an AED to restart the heart.

#### Response

EMS provides advanced life support and transport to the hospital.

#### Care

Medical team provides integrated post-cardiac arrest care.

#### Recovery

Support team addresses the physical, social, and emotional needs of survivors and their families.



Sudden Cardiac Arrest Foundation

Learn more at [sca-aware.org](https://sca-aware.org). Follow us:     

Proud Co-Sponsor of the **CallPushShock**™ Movement

Source: Heart Disease and Stroke Statistics—2022 Update: A Report from the American Heart Association © 2022 Sudden Cardiac Arrest Foundation. All rights reserved.