

RECOGNIZE & RESPOND TO SUDDEN CARDIAC ARREST

Person is collapsed
and unresponsive
to your voice

They may be
gasping for air or
unable to breathe

They may shake or
have seizure-like
movements

Their heart has stopped!

..... **What do you quickly do?**

CALL • PUSH • SHOCK™



Call 911

to get help
on the way;
dispatcher can
guide you



Start CPR

immediately by
pushing hard & fast
on the center
of the chest



Use an AED

follow
prompts
to restart
the heart

..... **YOU Can Save A Life!**



Parent Heart Watch®

THE NATIONAL VOICE
PROTECTING YOUTH FROM SUDDEN CARDIAC ARREST

ParentHeartWatch.org



Heart for Athletes

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