

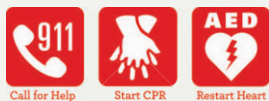
# You Can Save a Life from Sudden Cardiac Arrest

**CALL • PUSH • SHOCK**

SUDDEN CARDIAC ARREST (SCA) IS A NATIONAL PUBLIC HEALTH CRISIS AFFECTING OVER 356,000 PEOPLE EACH YEAR, INCLUDING 7,000 YOUTH UNDER AGE 18.

**Sudden cardiac arrest 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.**

Survival depends on the quick actions of people nearby calling 911, starting CPR and using an AED, if available, as soon as possible.



**Every second counts!**

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



**You can triple a person's chance of survival from SCA by starting CPR immediately.**

Push hard and fast in the center of the chest, 100 to 120 compressions per minute.

AEDs are meant for anyone to use. Follow the step-by-step audio/visual instructions and remember that an AED cannot hurt the person, it can only help.

Today only 1 in 10 survives SCA. But with immediate CPR and use of an AED, 5 in 10 victims could survive.



7 in 10 SCAs happen at home... You could save the life of someone you love by starting CPR.



Join our national movement to increase survival rates and save lives from sudden cardiac arrest.



Learn more at **CallPushShock.org**