

# CALL·PUSH·SHOCK



## You Can Save a Life from Sudden Cardiac Arrest

SUDDEN CARDIAC ARREST (SCA) IS A PUBLIC HEALTH CRISIS AFFECTING OVER 356,000<sup>1</sup> PEOPLE EACH YEAR IN THE U.S., 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 does not 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.



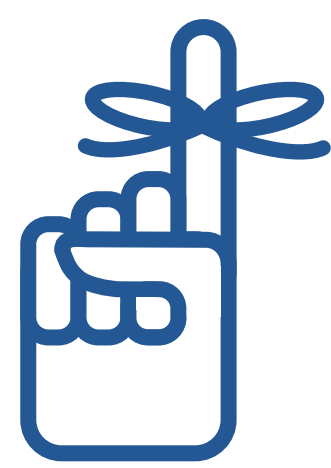
**You can triple a person's chance of survival from SCA by starting CPR immediately.**

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

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



**Remember:** CPR and AEDs cannot hurt the person, these can only help.



**AED**



AEDs are meant for anyone to use. Follow the step-by-step audio/visual instructions.



Join our movement  
to save lives from  
sudden cardiac arrest



[CallPushShock.org](http://CallPushShock.org)

To join:  
[contact@callpushshock.org](mailto:contact@callpushshock.org)