

CALL·PUSH·SHOCK™



You Can Save a Life from Sudden Cardiac Arrest

SUDDEN CARDIAC ARREST (SCA) IS A PUBLIC HEALTH CRISIS AFFECTING OVER 356,000¹ PEOPLE EACH YEAR IN THE U.S., INCLUDING 23,000 YOUTH UNDER AGE 18.²

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.



Parent Heart Watch.
THE NATIONAL VOICE
PROTECTING YOUTH FROM SUDDEN CARDIAC ARREST

Join our movement
to save lives from
sudden cardiac arrest



**Sudden Cardiac
Arrest Foundation**
RAISING AWARENESS SAVING LIVES

CallPushShock.org

To join:
contact@callpushshock.org

¹Out-of-hospital cardiac arrests. Heart Disease & Stroke Statistics – 2020 Update: A Report from the American Heart Association.

²Okubo M., et al. Resuscitation. 2020 Aug;153:227-233. doi: 10.1016/j.resuscitation.2020.04.023. Epub 2020 Apr 27. © 2021 Parent Heart Watch and Sudden Cardiac Arrest Foundation. All Rights Reserved.