

Sudden Cardiac Arrest in Youth...

Be Aware – it's Not so Rare!



WARNING SIGNS & SYMPTOMS OF A HEART CONDITION:

- Fainting (syncope) or seizure during or after physical activity
- Fainting (syncope) or seizure resulting from emotional excitement, emotional distress or startle
- Family history of unexpected sudden death during physical activity or during a seizure, or any other unexplained sudden death of an otherwise healthy family member under age 50
- Chest pain or discomfort / racing heartbeat
- Unexplained fainting or seizures
- Family history of heart disease
- Unusual shortness of breath
- Unusual fatigue / tiredness
- Dizziness / lightheadedness during or after physical activity

Consult a physician promptly if you or someone you know has one or more of these signs and/or symptoms



Parent Heart Watch.
CONVENTION CENTER PRIME REGIONAL CASINO AND RESORT

For more information: www.ParentHeartWatch.org or (800) 717-5828

When Every Minute Counts... YOU Make the Difference!



CARDIAC CHAIN OF SURVIVAL

1. Early Recognition of Sudden Cardiac Arrest

- Collapsed and unresponsive
- Gaspings, gurgling, snorting, moaning or labored breathing noises
- Seizure-like activity



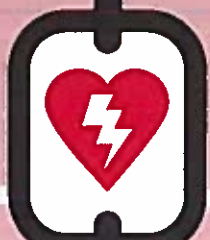
2. Early Access to 9-1-1

- Confirm unresponsiveness
- Call 9-1-1 and follow emergency dispatcher's instructions
- Call any on-site Emergency Responders



3. Early CPR

- Begin cardiopulmonary resuscitation (CPR) immediately



4. Early Defibrillation

- Immediately retrieve and use an automated external defibrillator (AED) as soon as possible to restore the heart to its normal rhythm



5. Early Advanced Care

- Emergency Medical Services (EMS) Responders begin advanced life support including additional resuscitative measures and transfer to a hospital



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PROTECTING YOUTH FROM SUDDEN CARDIAC ARREST

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