

HEART ATTACK **VS** CARDIAC ARREST

Know the difference – and how you can help.

A CIRCULATION PROBLEM



An artery that supplies blood to the heart suddenly becomes blocked. Without oxygen-rich blood, heart muscle begins to die.

WHAT HAPPENS

AN ELECTRICAL PROBLEM

The electrical signals controlling the heartbeat suddenly become chaotic, causing the heart to stop beating.



WHY EVERY MINUTE COUNTS

The longer the person goes without treatment, the greater the damage to the heart and the body.



With no treatment, death can occur in a few seconds.

SIGNS & SYMPTOMS

- Chest, back or jaw pain
- Shortness of breath
- Cold sweats
- Nausea and vomiting

Symptoms can appear suddenly, or start slowly and build over time



- Sudden loss of consciousness or responsiveness
- No breathing
- No pulse

Cardiac arrest often occurs with no warning, but some people may experience a racing heartbeat or dizziness beforehand

WHAT TO DO



- Call 911
- Have the person chew and swallow an aspirin
- If the person is unconscious, start CPR

- Start CPR right away
- Call 911
- Find and use an AED (automated external defibrillator) on the person if there is one nearby



PREVENTION IS KEY

- Know your risk
- Eat a healthy, balanced diet
- Exercise regularly
- Don't smoke
- Reduce stress

