

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



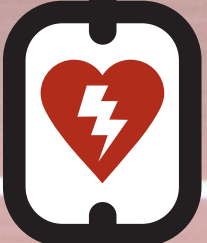
2. Early Access to 9-1-1

- 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



Parent Heart Watch.
PROTECTING YOUTH FROM SUDDEN CARDIAC ARREST

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