

# RECOGNIZE & RESPOND TO SUDDEN CARDIAC ARREST

Person is collapsed  
and unresponsive  
to your voice

They may be  
gasping for air or  
unable to breathe

They may shake or  
have seizure-like  
movements

**Their heart has stopped!**

.....What do you quickly do?.....

## CALL•PUSH•SHOCK™



### Call 911

to get help  
on the way;  
dispatcher can  
guide you



### Start CPR

immediately by  
pushing hard & fast  
on the center  
of the chest



### Use an AED

follow  
prompts  
to restart  
the heart

.....YOU Can Save A Life!.....



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

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



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