



**Parent Heart Watch®**  
PROTECTING YOUTH FROM SUDDEN CARDIAC ARREST

**Early Detection** ♥ **Early Defibrillation**

## **What can YOU do to prevent Sudden Cardiac Arrest (SCA) in youth?**

### **Know How to Respond to Cardiac Emergencies:**

- Recognize SCA (collapsed and unresponsive; may have seizure-like activity or gasping and gurgling)
- Call 9-1-1
- Begin cardiopulmonary resuscitation (CPR) immediately
- Early Defibrillation – retrieve and use an automated external defibrillator (AED) immediately

### **Learn the Warning Signs and Symptoms of a Heart Condition**

- Fainting (syncope) or seizure during or after physical activity, emotional excitement, distress or startle
- Unusual shortness of breath/ fatigue / tiredness
- Chest pain or discomfort / racing heartbeat
- Dizziness during or after physical activity

### **Early Detection Saves Lives**

- Ask your pediatrician for an Electrocardiogram (ECG)
- Know your family heart health history

**October • Sudden Cardiac Arrest Awareness Month • October**

