



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

