

# RECOGNIZE & RESPOND TO SUDDEN CARDIAC ARREST

Person is collapsed  
and unresponsive  
to your voice

They may be  
gaspng 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™



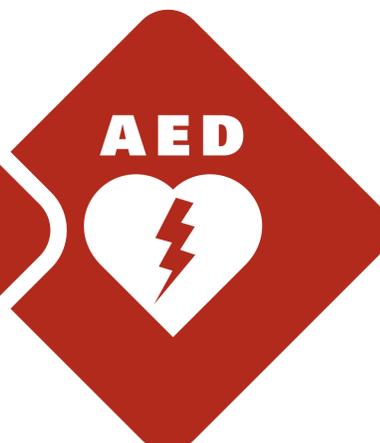
**Call 911**

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

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



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