

Are You 4 SCA Prevention?

Four steps to protect young hearts at home, in school, on the field and at the doctor's office



KNOW

Sudden Cardiac Arrest (SCA) is a life-threatening emergency that occurs when the heart suddenly stops beating and the person stops breathing. It occurs in up to 23,000 youth each year, in part because 1 in 300 has an undetected heart condition.

SCA is caused when the heart beat is disrupted by:

- a heart abnormality you're born with or develops as you grow
- a hard blow to the chest
- a virus that settles in the heart*

**Any youth who had [COVID-19 in the last six months](#) should get a cardiac risk assessment with their medical provider before returning to physical activity, including PE, recreational and team sports.*

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SCREEN

Pediatricians recommend all youth get a heart screening at least every three years, especially in middle and high school, or sooner if **warning signs or risk factors** are present.

WARNING SIGNS

Fainting
Lightheaded
Chest Pain
Racing Heart
Shortness of Breath
Extreme Fatigue
Unexplained Seizures

RISK FACTORS

Family member:
• who had SCA under age 40
• with heart abnormality, repaired or not
• with unexplained fainting, seizures, near/drowning, car accident

Stethoscopes cannot detect most conditions that put youth at risk for SCA, so screening should include a comprehensive cardiac risk assessment and ECG testing.

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PREPARE

Schools, teams, clubs, camps and other youth centers should have a written and well-practiced **cardiac emergency response plan** with AEDs onsite that are unlocked and ready to use by any bystander.

- Educate students, parents, staff and coaches how they can be prepared to save a life
- Notice where AEDs are located and the immediate steps to take within three minutes of an SCA victim collapsing
- Drill the response plan annually

State law requires coaches, sports officials and administrators get SCA Prevention Training. [Take our free course.](#)

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RESPOND

You don't have to be trained to use hands-only CPR and an AED to save a life. 911 operators and the AED device give you instructions. You **can't hurt someone with an AED**—it delivers a shock only if needed.

When someone suddenly collapses:

1 Call 911

2 Start hands-only CPR (straight arms, hand-over-hand, pushing hard

and fast in the center of the chest, 100-120 compressions per minute)

3 Retrieve and use the nearest AED, which is the only way to restart the heart

CALL • PUSH • SHOCK



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