

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™



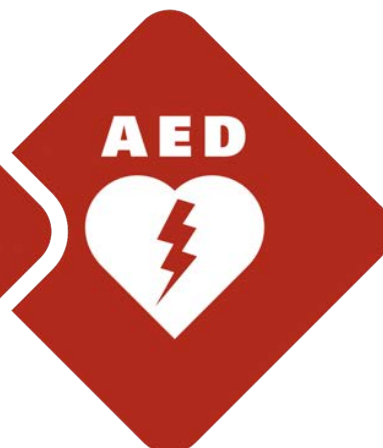
Call 911

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

ParentHeartWatch.org



ERIC PAREDES
SAVE A LIFE
FOUNDATION

epsavealife.org