



Sudden Cardiac Arrest Act- 2023-235



Sudden cardiac arrest, also known as cardiopulmonary arrest, occurs when the heart abruptly and unexpectedly stops beating. Without any forewarning, the heart ceases to pump blood, causing the person to collapse.



Sudden Cardiac Arrest Action Steps

- 1. Call 911**
- 2. Get an AED**
- 3. Administer CPR**

What are symptoms of Cardiac Arrest in Children?

1. Fainting or seizures during or immediately after exercise
2. Unexplained shortness of breath
3. Dizziness
4. Extreme fatigue
5. Racing heart (feels like it is beating out of your chest)
6. Sudden and unexplained death of a family member under the age of 50 (e.g. drowning, auto accident, SIDS)

How do you prevent Cardiac Arrest?

1. Pre-participation sport physicals
2. Establish a Cardiac Arrest Emergency Plan
3. Practice the Cardiac Arrest Emergency Plan Regularly
4. CPR and AED Training

Simon's Heart

The information provided on this document was retrieved from Simon's Heart. Please visit the website to learn more about Sudden Cardiac Arrest.