

Know the difference between a Heart Attack & Cardiac Arrest

Heart Attack

A heart attack happens when a coronary artery becomes blocked. This stops blood flow to one part of the heart. But the heart continues to beat.

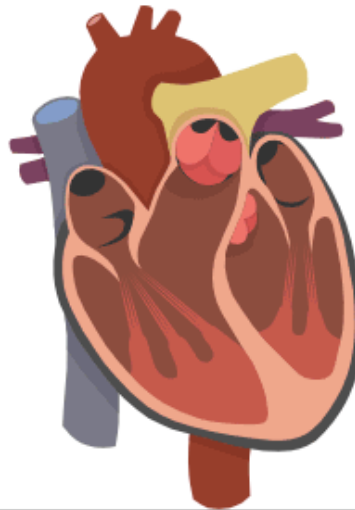
Cardiac Arrest

Cardiac arrest occurs when the heart beats fast and wildly or stops beating altogether. This can be caused by a heart attack or a malfunction in the heart's electrical system.

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Early Warning Signs

An individual may have chest pain, unusual fatigue, weakness, nausea, or shortness of breath.



Early Warning Signs

Usually there are no early warning signs. The individual collapses. Some people have palpitations, dizziness, chest pain or shortness of breath momentarily before they lose consciousness and collapse.

How to tell the difference

 Yes.

Does the person have a **pulse**?

No.

Yes.

Is the person **breathing**?

No. 

 Yes.

Can he or she **respond** to your questions?

No.

What to do

Call 911 and keep the person company until help arrives.



Call 911 then start CPR. Ask another bystander to find an automated external defibrillator (AED).