



# Recognizing Signs of Sudden Cardiac Death

## Warning Signs:

Common warning signs a person may be at risk for sudden cardiac death:

- Fainting (especially during exercise)
- Fainting suddenly with loud noises alarm clock, phone ringing, or doorbell warrants investigation.
- Chest pain or shortness of breath with activity
  - Racing heartbeat or palpitations
  - Unexplained seizures
- Family history of sudden death under age 50

## Symptoms:

When sudden cardiac arrest occurs, it may look like:

- Sudden loss of consciousness
  - No pulse
  - No breathing
- Unresponsiveness

This is a **medical emergency** — immediate CPR and defibrillation (AED use) can be lifesaving.

## Take Action!

Early and quick action makes all the difference!

- Learn CPR and AED use — classes are free or low-cost.
  - Encourage your child to speak up about symptoms.
- AEDs (Automated External Defibrillators) are simple and lifesaving.
  - Parents and students can ask about school emergency plans.