

KNOW THE DIFFERENCE

CARDIAC ARREST

VS

HEART ATTACK



ELECTRICAL PROBLEM

Cardiac arrest happens when the heart's electrical system goes haywire, causing the heart to suddenly stop beating. This disrupts blood flow to vital organs.

What Happens: A person becomes unresponsive, stops breathing, or gasps for air. Without prompt action, death can occur within minutes.

What to Do: Call emergency services and start CPR immediately. If available, use an AED. In a team, one person should do CPR while another calls for help and finds an AED.

Key Fact: Cardiac arrest is a leading cause of death, often striking at home. Quick response can make a life-saving difference.



CIRCULATION PROBLEM

A heart attack occurs when a blocked artery prevents oxygen-rich blood from reaching a section of the heart muscle, leading to damage.

What Happens: Symptoms can be intense chest discomfort, shortness of breath, cold sweats, and nausea/vomiting. They might appear suddenly or develop over time and can persist for hours, days or weeks before a heart attack occurs.

What to Do: Even if unsure, call emergency services right away. Time matters! EMS can provide swift treatment, often faster than reaching a hospital by car.

Key Fact: Most heart attacks don't cause cardiac arrest, but cardiac arrest can result from heart attacks or other rhythm issues.



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FAST ACTION SAVES LIVES

Both conditions are serious, but acting swiftly can save lives. Remember, cardiac arrest is an electrical malfunction, and a heart attack is a circulation problem.

Reference: American Heart Association 8/19DS14900