

# What is a Sudden Cardiac Arrest?

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- The heart suddenly stops pumping blood through the body and the person becomes unconscious.
- The person collapses, is not breathing, and does not have a pulse.



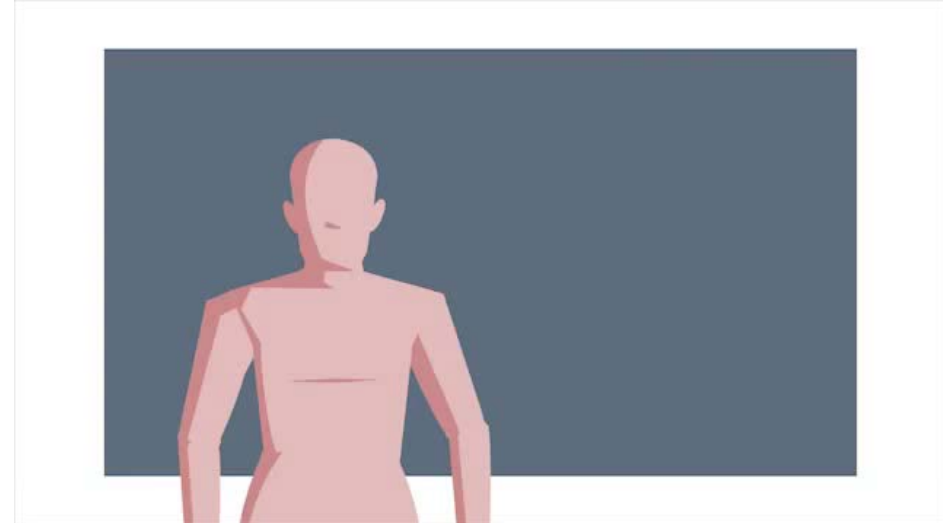


- A heart attack is when an area of the heart has lost blood flow and oxygen because of a blockage
- The person has a pulse, is breathing, and is conscious

# Signs of a Cardiac Arrest

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- The person suddenly collapses without warning
- The person may be making strange noises like grunting, gurgling, or snoring



# Sudden Cardiac Arrest can happen to anyone, anytime, anywhere!

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400,000 people in the U.S. will die this year because they suffered a cardiac arrest outside of a hospital.

They don't all have to die!

