Sudden Cardiac Arrest Instructions

Signs and Treatment

Children and adolescents who show these early warning signs could be at risk for sudden cardiac arrest and should be evaluated by their primary care provider and referred as needed:

1. Fainting or near-fainting during or right after exercise
2. Extreme shortness of breath with exercise
3. Extreme fatigue with exercise
4. Chest, shoulder or back pain or discomfort with exercise
5. Family history of sudden, unexpected, unexplained death before age 50

After further evaluation, these conditions can usually be treated and activity may or may not be restricted.

Treating sudden cardiac arrest

1. Activate your emergency action plan.
2. Call 911 and get the automated external defibrillator (AED), if one is available.
3. Have someone stand outside to direct emergency medical service (EMS) to the scene.
4. Begin CPR immediately. Remember CAB:
5. Begin chest compressions—push hard and fast, give 30 compressions, then two breaths.
6. Open the airway.
7. Check for breathing and give two breaths.
8. When AED arrives, open and turn on.
9. Follow the directions given by the AED.
10. If “no shock advised,” continue CPR; if still unresponsive, check for other medical conditions.