

# DO YOU KNOW THE DIFFERENCE?

## WHAT IS CARDIAC ARREST?



Cardiac arrest occurs when an electrical malfunction of the heart causes it to suddenly stop beating.

### SYMPTOMS

Symptoms of cardiac arrest come on very suddenly. A victim of cardiac arrest will collapse and lose consciousness. Victims have no pulse and will be gasping or not be breathing. Without treatment, death can occur within minutes. Cardiac arrest victims should be connected to an automated external defibrillator (AED) as soon as possible.

Electrical Malfunction

An AED can analyse a person's heart rhythm to determine whether an electrical shock is needed to defibrillate the heart. Some rhythms do not require a shock, but in all cases, the rescuer should perform cardiopulmonary resuscitation (CPR).

## WHAT IS A HEART ATTACK?



A heart attack occurs when blood flow to the heart is impeded due to a blocked artery.

### SYMPTOMS

Symptoms of a heart attack can vary, sometimes coming on suddenly and sometimes starting slowly and persisting for hours, days, or weeks. They can include pain or discomfort in the chest, back, or jaw; shortness of breath; cold sweats; and/or nausea and vomiting. Unlike with cardiac arrest, the heart does not usually stop beating.

Blocked Artery

If the artery is not unblocked quickly, the section of the heart not receiving oxygen-rich blood because of the blockage begins to die. The longer a person goes without treatment, the greater the damage can be.

## WHAT CAN YOU DO TO HELP?



### CALL FOR HELP

Contact emergency services immediately.



### PERFORM HIGH-QUALITY CPR

Push hard and fast on the chest to help move blood through the heart into the rest of the body. Aim for 100–120 compressions per minute with a depth of 5–6 cm.



### USE AN AED

If it's available, and administer a shock if necessary. If no AED is available, continue CPR until emergency medical services arrive.



### CALL FOR HELP

Contact emergency services immediately.



### CHEW AND SWALLOW ASPIRIN

If they are not allergic, tell the person who may be having a heart attack to chew and swallow aspirin.



### START CPR IF THE PERSON BECOMES UNCONSCIOUS

Pushing hard and fast on the chest to help move blood through the heart into the rest of the body.