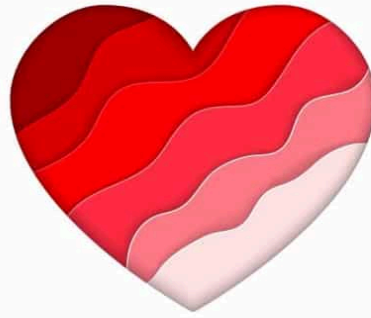


FEBRUARY IS AMERICAN HEART MONTH



Take the time to know the difference between **CARDIAC ARREST** and **HEART ATTACK!**
People often use these terms interchangeably, but they are not the same.

CARDIAC ARREST occurs when the heart malfunctions and stops beating unexpectedly.
Cardiac arrest is an **“ELECTRICAL”** problem.

What to Do

Cardiac arrest can be reversible in some victims if it's treated within a few minutes.

- First, **call 9-1-1 and start CPR right away.**
- Then, if an Automated External Defibrillator (AED) is available, use it as soon as possible.
- If two people are available to help, one should begin CPR immediately while the other calls 9-1-1 and finds an AED.

A HEART ATTACK occurs when blood flow to the heart is blocked.

A heart attack is a **“CIRCULATION”** problem.

The blocked artery prevents oxygen-rich blood from reaching a section of the heart. If the blocked artery is not reopened quickly, the part of the heart normally nourished by that artery begins to die.

How It Presents:

Symptoms of a heart attack may be immediate and may include intense discomfort in the chest or other areas of the upper body, shortness of breath, cold sweats, and/or nausea/vomiting.

More often, though, symptoms start slowly and persist for hours, days or weeks before a heart attack.

Unlike with cardiac arrest, the heart usually does not stop beating during a heart attack. The longer the person goes without treatment, the greater the damage.

