



♥ Why Learn CPR?

Cardiac arrest is a leading cause of death. It happens when an electrical problem in the heart causes an irregular heartbeat. This disrupts blood flow to the brain, lungs and other organs. **Each year, more than 350,000 people in the U.S. have an EMS-assessed out-of-hospital cardiac arrest.**

More than 23,000 are children, and nearly 20% of these are infants.

When a person has a cardiac arrest, survival depends on receiving CPR from someone nearby right away.

According to the American Heart Association, about 90% of people who have out-of-hospital cardiac arrests do not survive. CPR, especially if performed right away, can double or triple the chance of survival. Learn CPR today. Be ready. Become a part of the Nation of Lifesavers.

No one should face a life-changing moment alone.

♥ Be the Difference for Someone You Love

If you provide CPR, you will likely be trying to save the life of someone you love: a child, a spouse, a parent or a friend.



About **70 percent** of out-of-hospital cardiac arrests happen in homes.



Fewer than 40% of people who have an out-of-hospital cardiac arrest get the urgent help they need before professional help arrives

For adults, Hands-Only CPR has been shown to be as effective in the first few minutes as CPR with breaths for cardiac arrest at home, at work or in public.

Hands-Only CPR has two easy steps, done in this order:



Call 911 if you see a teen or adult suddenly collapse.



Push hard and fast in the center of the chest to the beat of a song that has 100 to 120 beats per minute.

Breathing problems often cause cardiac arrest in children. This is why it's important to give two rescue breaths with each set of 30 compressions for infants and children.

♥ Call 911

The dispatcher on the call can help you while getting the medical help you need on the way.

♥ Music Can Save Lives

While performing CPR, you should push on the chest at a rate of 100 to 120 compressions per minute. Songs that may help you stay on beat include, *Stayin' Alive* by the Bee Gees, *Crazy in Love* by Beyoncé, *Hips Don't Lie* by Shakira or *Walk the Line* by Johnny Cash.

**Learn CPR today. Be ready. Become a part of the Nation of Lifesavers.
No one should face a life-changing moment alone.**

NOTE: The AHA still recommends CPR with compressions and breaths for infants and children and victims of drowning, drug overdose, or people who collapse due to breathing problems.

Nation of Lifesavers is nationally sponsored by *Walgreens*



Be Ready. Find a CPR class at heart.org/nation.



The American Heart Association wants to make sure every parent knows CPR. To make sure you are ready when it matters most. **Each year, more than 23,000 children have a cardiac arrest and nearly 20% are infants.** Learn CPR today so you can be ready and become a part of the Nation of Lifesavers.

HANDS-ONLY CPR VS. CPR WITH BREATHS

HANDS-ONLY CPR



CALL 911



PUSH HARD AND FAST IN THE CENTER OF THE CHEST

Public awareness campaign to get more people to act when they come across a cardiac arrest. Starting point to get more people to learn CPR.

Will not meet requirements if you need CPR for your job.

CPR TRAINING



COMPRESSIONS + BREATHS

Offered through online or in-person classes. Provides more in-depth training with an instructor, including CPR with breaths and choking relief.

Often necessary for people who need CPR training for work.

HOW DOES IT WORK?

Chest compressions are good for the first few minutes someone is in cardiac arrest. Pushing the remaining oxygen through the body helps keep vital organs alive. It buys time until someone with more skills can help.

CPR with breaths combines chest compressions and breaths. This provides more oxygen to circulate throughout the body.

WHO CAN I USE IT ON?

Adults and teens

For children and infants, the American Heart Association recommends CPR with breaths.

Anyone who is in cardiac arrest, including:

- Adults and teens
- Infants and children
- Pregnant women
- Victims of drowning, drug overdose, collapse due to breathing problems or prolonged cardiac arrest

HOW DO I LEARN?

Go to [heart.org/Nation](https://www.heart.org/Nation) so you can be ready and become a part of the Nation of Lifesavers.

Nation of Lifesavers is nationally sponsored by



CARDIAC ARREST VS. HEART ATTACK

People often use these terms interchangeably, but they are not the same.

WHAT IS CARDIAC ARREST?

In a **CARDIAC ARREST** the heart suddenly stops beating. This is usually caused by an electrical problem that makes the heart beat irregularly.

When the heart stops pumping, it can't send blood to the brain, lungs and other vital organs.

WHAT HAPPENS

Someone having a cardiac arrest may become unresponsive. They may stop breathing or only gasp for air.

If they don't get help right away, they can die.

WHAT TO DO



If someone has cardiac arrest, doing CPR right away can double or triple their chances of survival.

1. **First, call 911** (or local emergency response number).
2. **Then start CPR.** If there's an automated external defibrillator (AED) nearby, use it as soon as you can.

If two people are helping, one should start CPR. The other should call 911 and find the AED.

Every minute counts. The odds for survival drop by 10% each minute without help. Emergency staff can also help revive someone whose heart has stopped.

For more information on American Heart Association CPR, including training classes in your area, go to [heart.org/NATION](https://www.heart.org/NATION).

Follow us: [@American_Heart](https://www.instagram.com/American_Heart)



WHAT IS A HEART ATTACK?

In a **HEART ATTACK**, blood can't get to part of the heart because a key blood vessel is blocked.

If this circulation problem isn't cleared quickly, the part of the heart that isn't getting enough blood can start to die.

WHAT HAPPENS

Heart attack symptoms can be sudden. They may include:

- Severe chest pain
- Discomfort in other parts of the upper body
- Shortness of breath
- Cold sweats
- Feeling sick to the stomach

Sometimes, symptoms start slowly and last for hours or days. Unlike cardiac arrest, the heart usually keeps beating during a heart attack.

The longer it takes to get help, the greater the risk to the heart.



Anyone can have a heart attack. In women, people with diabetes and older adults, symptoms might not be obvious. For example, they might not include chest pain.

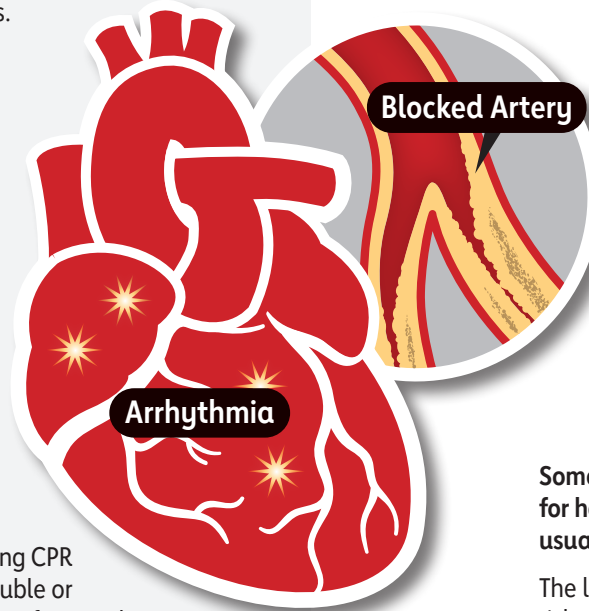
WHAT TO DO



Even if you're not sure it's a heart attack, call your local emergency number. Every minute matters!

It's best to call your local emergency number to get to the emergency room right away.

Emergency medical services (EMS) staff can begin treatment when they arrive. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.



WHAT IS THE LINK?

Most heart attacks don't lead to cardiac arrest. But a heart attack is a common cause when cardiac arrest does happen.

Other problems can also cause the heart to stop beating.