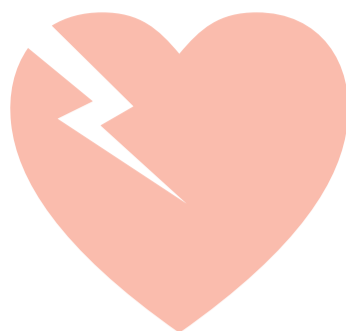




Cardiac Arrest



Cardiac arrest is when the heart goes into spasm and stops beating.

Signs of Cardiac Arrest:

- They are not breathing, or they aren't breathing normally (gasping)
- Unconsciousness – they do not respond to any stimulation
- No pulse

Take ACTION:

1. **Phone 999!**
2. **Immediately start CPR!** CPR will keep the blood, containing oxygen, flowing around the body until an ambulance arrives.
3. **If available, use a defibrillator** which will then deliver a controlled electric shock to try and get the heart beating normally again.

7 Health and Wellbeing Tips



Eat a balanced diet



Keep physically active



Maintain a healthy weight



Moderate your stress levels



Moderate your alcohol intake



Stop smoking



Get enough sleep

For more information on cardiac arrest, heart disease and how to look after your heart, visit www.nichs.org.uk