

Prevent Sudden Cardiac Death



Children'sSM
Healthcare of Atlanta

3 Simple Steps to Protect Your Family

1: Learn the Early Warning Signs

If you or your child has had one or more of these signs, see your primary care physician:

- Fainting suddenly and without warning, especially during exercise or in response to loud sounds like doorbells, alarm clocks or ringing phones
- Unusual chest pain or shortness of breath during exercise
- Family members who had sudden, unexplained and unexpected death before age 50
- Family members who have been diagnosed with a condition that can cause sudden cardiac death, such as hypertrophic cardiomyopathy (HCM) or Long QT syndrome.
- A seizure suddenly and without warning, especially during exercise or in response to loud sounds like doorbells, alarm clocks or ringing phones

2: Learn to Recognize Sudden Cardiac Arrest

If you see someone collapse, assume he has experienced sudden cardiac arrest and respond quickly. This victim will be unresponsive, gasping or not breathing normally, and may have some jerking. Send for help and start CPR. You cannot hurt him.

3: Learn Hands-Only CPR

Effective CPR saves lives by circulating blood to the brain and other vital organs until rescue teams arrive. It is one of the most important life skills you can learn--and it's easier than ever.

- Call 911 (or ask bystanders to call 911 and get an AED)
- Push hard and fast in the center of the chest. Kneel at the victim's side, place your hands on the lower half of the breastbone, one on top of the other, elbows straight and locked. Push down 2 inches, then up 2 inches, at a rate of 100 times/minute, to the beat of the song "Stayin' Alive."
- If an Automated External Defibrillator (AED) is available, open it and follow the voice prompts. It will lead you step-by-step through the process, and will never shock a victim that does not need a shock.

Project S.A.V.E. works to ensure that schools across Georgia are trained and prepared to handle a sudden cardiac arrest. Make sure that wherever your child plays, practices, or goes to school is heart-safe. Learn more at choa.org/projectsave or email alison.ellison@choa.org.

Learn more about Hands-only CPR at www.heart.org/handsonlyCPR.

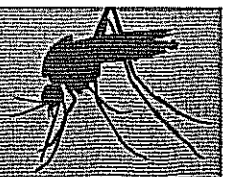
Awareness for School Administrators

Project S.A.V.E. Executive Summary

- ♥ There are about 350,000 sudden cardiac deaths (SCD) in the US each year, almost 1,000/day. These victims could be on your staff or visitors to your school.
- ♥ At least 1,000 of these occur in children and adolescents, one every 3 days.
- ♥ There have been at least 29 probable SCDs in Georgia schools since the fall of 2004, including students at all levels, staff members, and visitors.
- ♥ During sudden cardiac arrest (SCA) the heart goes into ventricular fibrillation or “ineffective quivering” and no longer pumps blood to the brain and other vital organs. Most victims have no history of heart disease.
- ♥ Early CPR and early defibrillation with an automated external defibrillator (AED) are required to save the victim’s life.
- ♥ Time is the critical element in saving these victims. Three to five minutes is the optimum time for emergency response, much shorter than the average EMS response time. Someone on the staff needs to call 911, while a responder initiates CPR and someone else brings the AED to the scene if there is one in the school.
- ♥ Survival rates decrease by 10% with each minute of delay.
- ♥ A shock delivered by an AED within 3-5 minutes can save a life. The AED, when applied, will look for a “shockable” heart rhythm and will only deliver a shock if it is needed.
- ♥ A victim of sudden cardiac arrest will either just collapse for no known reason, or may briefly complain of feeling “faint” or dizzy before collapsing. There may be seizure-like activity, gasping or ineffective breathing for a very short time.
- ♥ A core first responder team of at least 5 staff members should have current training in CPR and AED use. Practice drills are recommended at least annually. Regular, documented maintenance of the AEDs is also necessary.
- ♥ Since anyone might be the witness, it is important for all staff members to have some general awareness of these facts: what a sudden cardiac arrest looks like, warning signs, importance of a rapid response, basic AED information (such as where it is and what it is), the school communication plan and how they can help in the emergency response. A DVD and handouts have been prepared for this.
- ♥ **In Georgia schools, many that have implemented this program with free consultation and training assistance from Project S.A.V.E. at Children’s Healthcare of Atlanta, 39 lives have been saved in the past 5 years (15 students and 24 adults). 972 Georgia schools have been recognized as Project S.A.V.E. HeartSafe schools.**

For more information or a free consultation for your school, please contact Alison Ellison, Project S.A.V.E. Coordinator, Children’s Healthcare of Atlanta 404-785-7201 or alison.ellison@choa.org

Have a happy and healthy Spring Break:



Protect your family from Zika!

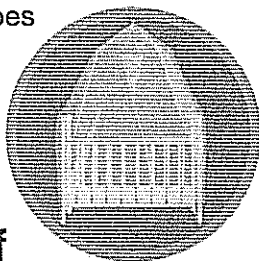
Zika is a disease primarily spread by mosquitoes, but a man with Zika can spread it to his sex partners as well.

Know before you go

Learn about Zika at cdc.gov/zika. Find out if your destination has Zika, check the CDC Travelers' Health site for current travel notices: cdc.gov/travel

Pack to prevent

- Insect repellent (Look for these ingredients: **DEET, picaridin, IR3535, OLE, or PMD.**)
- Long-sleeved shirts and long pants
- Clothing and gear treated with permethrin
- Infant carrier mosquito net (if needed)
- Bed net (if mosquitoes can get to where you're sleeping)
- Condoms (if you might have sex)



STOP the spread

- Watch for symptoms after you get home.
- Call your doctor immediately if you suspect Zika.
- Use insect repellent for 3 weeks after travel.
- Use condoms when you have sex.

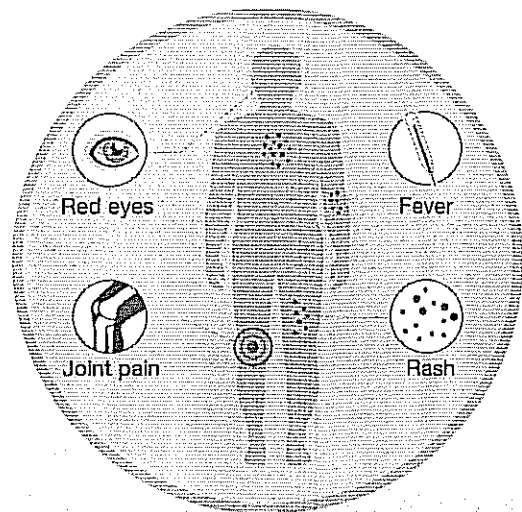
Zika symptoms

Most people with Zika don't know they have it. The illness is usually mild with symptoms lasting about a week.

The most common symptoms are:

Protect yourself

- Use insect repellent. Reapply as directed. Remember to apply sunscreen first and then insect repellent.
- Cover exposed skin when possible.
- Stay and sleep in screened-in or air-conditioned rooms. Use a bed net if you're sleeping outside.
- Zika can also be spread through sex, so use latex condoms if you have sex.



Pregnant? Trying to conceive?

Zika is linked to birth defects. Pregnant women should consider postponing travel to any area with Zika. If your male partner travels to these areas, either use condoms or don't have sex for the rest of your pregnancy. If you are trying to become pregnant, talk to your doctor about your plans.

