



Know the Signs of Cardiac Arrest

IF SOMEONE COLLAPSES AND IS:

Not responding;
Not breathing,

Call 9-1-1 Act in Time

Begin Hands Only CPR;

- ✓ Push hard and fast in the center of the chest;
- ✓ Use an AED as soon as one arrives.

PLAN AHEAD:

Learn the warning signs. Talk with friends and family about calling 9-1-1 immediately. Consult with your health care provider to find out how you can reduce your risks.



www.cchealth.org/ems/heartsafe.php



Contra Costa Health Services