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.

Know the Signs of HeartSafe Community
Contra Costa Health Services
www.cchealth.org/ems/heartsafe.php