



# 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](http://www.cchealth.org/ems/heartsafe.php)



Contra Costa Health Services