Step 1  **Call 9-1-1**

Step 2  Push hard & fast in the center of the chest

Learn more about heart emergencies and the HeartSafe Community campaign at www.cchealth.org/ems/heartsafe.php or by scanning the image below with your smartphone.

**Act in Time**

**Quick Reference**

HeartSafe Community

Contra Costa EMS
KNOW THE SIGNS

Cardiac Arrest

If someone collapses and is:
Not responding
Not breathing

Call 9-1-1

Act in Time

Begin Hands Only CPR;
Use an AED as soon as one arrives.

Know the signs

Heart Attack

If someone experiences:
Chest discomfort
Arm, back, neck or jaw pain
Shortness of breath
Sweating, nausea, lightheadedness

Call 9-1-1

Act in Time

Know the signs

Stroke

If someone experiences sudden:
Trouble walking
Weakness on one side
Trouble seeing
Trouble speaking

Act in Time