



# Heart Attacks & Cardiac Arrest

This guide is for basic awareness only and not a substitute for comprehensive training. **Call 9-1-1 for official assistance.**

## Know the Difference

**Heart Attack:** Occurs when blood flow to part of the heart is blocked. Symptoms may include chest pain, shortness of breath, nausea, and lightheadedness.

**Cardiac Arrest:** Occurs when the heart suddenly stops beating due to an electrical malfunction. This stops blood flow to essential organs. Symptoms include sudden collapse, no pulse, no breathing, and loss of consciousness.

## Heart Attacks

1. **Recognize symptoms:** chest pain or tightness, shortness of breath, nausea.
2. **Stay calm:** stop all activity, sit or lie down, and call 9-1-1.
3. **Chew on aspirin** to prevent internal blood clotting.
4. **Loosen tight clothing** to improve blood circulation.

## Cardiac Arrest

1. **Recognize symptoms:** No pulse or breathing, loss of consciousness, no response.
2. **Dial 9-1-1** immediately and for assistance on how to help.
3. **Start cardiopulmonary resuscitation (CPR) with the guidance of emergency dispatch**
  - a. Chest compressions: press hard and fast into the center of the unresponsive person's chest (100-120 presses per minute)
  - b. Rescue Breaths: Give 2 breaths after 30 compressions.
  - c. Use an AED: Follow the voice prompts to restore heart beat.

**Find more at [sjsu.edu/emergencyguides](https://sjsu.edu/emergencyguides)**



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