SUDDEN CARDIAC ARREST: SIGNS, SYMPTOMS & PREVENTION

INFORMATION FOR STUDENTS AND FAMILIES

Learn more from the New York State Department of Health
For state-developed information about sudden cardiac arrest in youth, warning signs, risk factors, and prevention, visit:
https://health.ny.gov/diseases/chronic/sca/

What families should know

Sudden cardiac arrest is an unexpected loss of heart function that can cause collapse. Warning signs can include fainting or a seizure during or just after exercise; a racing or irregular heartbeat; chest discomfort with exercise; dizziness; unusual fatigue; or excessive shortness of breath during exercise.

Discuss these symptoms and any family history of sudden unexplained death or heart conditions with a healthcare provider. Tell the school nurse or School Leader about relevant medical concerns and follow medical guidance before returning to physical activity.

In an emergency

Call 911 immediately for a suspected cardiac arrest. Alert school staff and follow the emergency dispatcher's instructions.

Official resource

New York State Department of Health: Sudden Cardiac Arrest (SCA) in Youth
https://health.ny.gov/diseases/chronic/sca/