

# Sudden Cardiac Arrest in Youth...

*Be Aware – it's Not so Rare!*



## **WARNING SIGNS & SYMPTOMS OF A HEART CONDITION:**

- Fainting (syncope) or seizure during or after physical activity
- Fainting (syncope) or seizure resulting from emotional excitement, emotional distress or startle
- Family history of unexpected sudden death during physical activity or during a seizure, or any other unexplained sudden death of an otherwise healthy family member under age 50
- Chest pain or discomfort / racing heartbeat
- Unexplained fainting or seizures
- Family history of heart disease
- Unusual shortness of breath
- Unusual fatigue / tiredness
- Dizziness / lightheadedness during or after physical activity

**Consult a physician promptly if you or someone you know has one or more of these signs and/or symptoms**



**Parent Heart Watch.**  
PROTECTING YOUTH FROM SUDDEN CARDIAC ARREST

**For more information: [www.ParentHeartWatch.org](http://www.ParentHeartWatch.org) or (800) 717-5828**