

The Difference Between a Cardiac Arrest and a Heart Attack



HEART ATTACK

Arteries to the heart muscles are blocked and prevents blood flowing to the heart.

Symptoms can present as shortness of breath, tightness in chest, nausea and chest pain.

Muscles may slowly die due to lack of oxygen, although heart is still beating.

Symptoms can take time to progress, sometimes over hours or even days.

Call 999. Be prepared to perform CPR if they stop breathing and become unconscious.

CARDIAC ARREST

Electrical signals to the heart malfunction, heart beat is affected stopping blood flow to vital organs.

There tends to be no symptoms immediately before a cardiac arrest. The first sign of a problem is someone becoming unconscious.

Person will stop breathing and become unconscious. Heart has stopped pumping blood around the body.

Death can happen within minutes if action isn't taken quickly.

Call 999 and ask for an ambulance. Perform CPR until first responders arrive and use a defibrillator if one is available.

