

# Sudden Cardiac Arrest in Youth...

***Be Aware – It's Not So Rare!***

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

- 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
- Fainting (syncope) or seizure resulting from emotional excitement, emotional distress or startle
- Fainting (syncope) or seizure during or after physical activity
- Dizziness / lightheadedness during or after physical activity
- Chest pain or discomfort / racing heartbeat
- Unexplained fainting or seizures
- Family history of heart disease
- Unusual shortness of breath
- Unusual fatigue / tiredness

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

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



**Parent Heart Watch.**  
THE NATIONAL VOICE  
PROTECTING YOUTH FROM SUDDEN CARDIAC ARREST

