

Title: Cardiac Arrest versus Heart Attack - plain text

Subtitle: know the difference and how to help

The graphic is split into two sections: cardiac arrest (with a blue background) and heart attack (with pink background).

Blue cardiac arrest section:

How to recognise cardiac arrest: when the heart stops beating, person is unconscious, not breathing or breathing abnormally. What to do in case of a cardiac arrest: Call 999, start CPR, use a defibrillator if available.

Pink heart attack section:

How to recognise heart attack: blood flow to the heart muscle is blocked, person is usually conscious and in pain, they are breathing. What to do in case of a heart attack: Call 999, reassure the individual until help arrives.

Below the infographic is the Save a Life for Scotland logo.

End of text.