

# Heart Attack *Vs.* Cardiac Arrest

People often use the terms interchangeably but they are different conditions with different first aid needs. Here is how to recognize and respond.



## What is the difference?



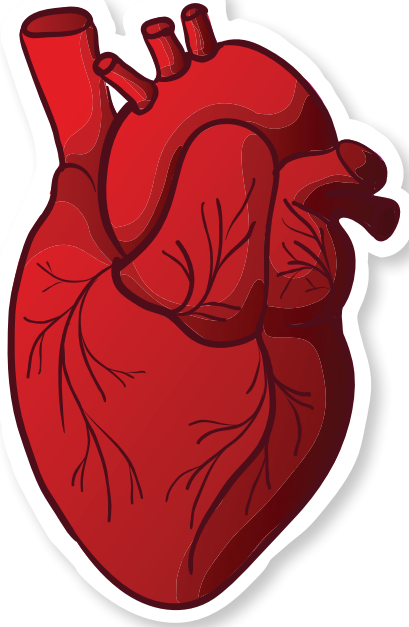
### Heart Attack

*(circulation)*

Happens when blood flow to the **heart is blocked.**

Symptoms can start slowly over days/weeks or begin suddenly and include:

- Chest pain
- Jaw pain
- Nausea
- Fatigue
- Trouble breathing
- Back or jaw pain
- Heart attack symptoms can be different with women: trouble breathing, nausea, vomiting, back pain or extreme fatigue



### Cardiac Arrest

*(electrical)*

The electrical system of the heart doesn't work right and the **heart stops beating correctly.** Blood doesn't flow to the brain, lungs and other organs.

Happen suddenly, within minutes and symptoms may include:

- Collapse
- Unconsciousness
- Gasping for breath/no breath
- No pulse

## What to do?



**Call 911 for both right away, don't delay!**



Starting CPR, using an AED or taking medication may be advised.



Stay with the patient until help arrives.

**Our Heart and Vascular Network are experts in both heart attack and cardiac arrest.**

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