Sudden Cardiac Arrest kills thousands of children every year. It is the #1 cause of death of student athletes.

WATCH FOR THESE SIGNS

1. Fainting or seizures during exercise
2. Unexplained shortness of breath
3. Unusually rapid heart rate ("racing heart")
4. Chest pains
5. Dizziness
6. Extreme fatigue
7. Unexplained death (e.g. SIDS, drowning) of a family member under 50

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