

ACRONYMS SAVE LIVES.

If your friend is funny, you ROTFL. When he does something crazy, it's OMG. **WHAT IS IT WHEN SHE COLLAPSES AND DOESN'T RESPOND?**

SCA

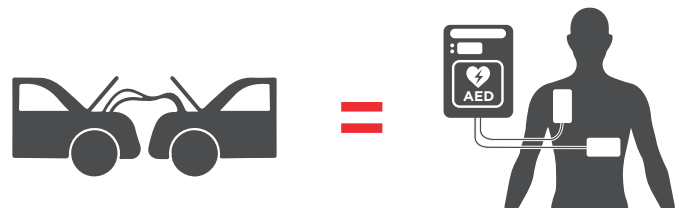
Sudden cardiac arrest is what happens when the heart stops beating, suddenly and unexpectedly. SCA takes the lives of thousands of students every year and is the **#1 CAUSE OF DEATH OF STUDENT ATHLETES**. Use your hands and your acronyms.

CALL 911. DO CPR. GET AED.



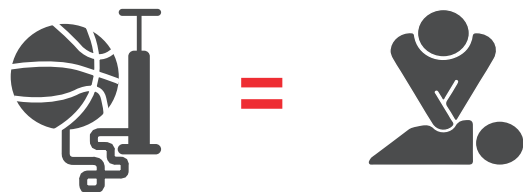
AED

An automated external defibrillator is the **ONLY** device that can save someone in cardiac arrest. It checks the heart and delivers a shock, if needed. It tells you exactly what to do, so if you can jump a car, you can jump a heart.



CPR

Chest compressions keep blood and oxygen moving to our organs. Have you ever pumped up a ball? Same thing. Push... push... push... 100 times per minute. Do this until help arrives.



Be a BFF. Learn these acronyms. **SAVE A LIFE.**