

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

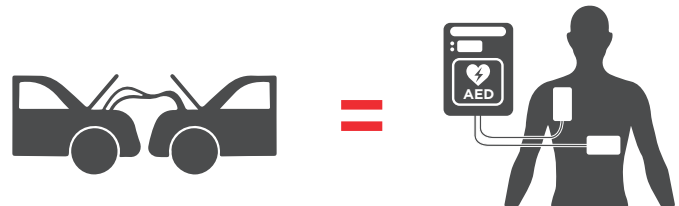
Sudden cardiac arrest is what happens when the heart stops beating, suddenly and unexpectedly. SCA takes the lives of thousands of students every year and is the #1 CAUSE OF DEATH OF STUDENT ATHLETES. Use your hands and your acronyms.

CALL 911. DO CPR. GET AED.



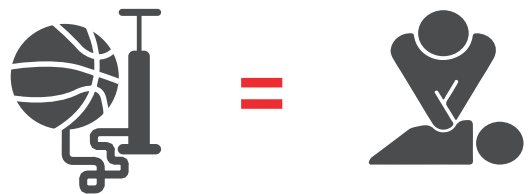
AED

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.**