

**CARDIAC  
HEALTH PLAN** 

Insert  
Student  
Photo

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_ DOB: \_\_\_\_\_

School Site/Teacher: \_\_\_\_\_

Cardiac Diagnosis: \_\_\_\_\_

Implanted Device:  N/A,  ICD,  Pacemaker or  Other: \_\_\_\_\_

**EMERGENCY CONTACTS:**

Mother/Father/Other: \_\_\_\_\_ Contact #: \_\_\_\_\_

Mother/Father/Other: \_\_\_\_\_ Contact #: \_\_\_\_\_

Mother/Father/Other: \_\_\_\_\_ Contact #: \_\_\_\_\_

**ACTIONS TO BE TAKEN AT SCHOOL**

➤ **Any Chest Pain:**

- Remove From Physical Activity,  Rest,  Student escorted to Health Office,  Call Parent,
- Call 911 to start EMS,  Apply AED if even student to Alert/Awake,

➤ **Student Feels Unwell:**

- Remove From Physical Activity,  Rest,  Student escorted to Health Office,  Call Parent,
- Call 911 to start EMS,  Apply AED if even student to Alert/Awake

➤ **Student has any change in level of consciousness or has syncopal episode (passes out):**

- Call 911 to start EMS,  Apply AED,  Initiate CPR if indicated,  Call parent/guardian

➤ **Other Actions:** \_\_\_\_\_

Parent/Guardian (name/signature): \_\_\_\_\_ Date: \_\_\_\_\_

Reviewed by Health Office (name/signature): \_\_\_\_\_ Date: \_\_\_\_\_

Reviewed by District RN (name/signature): \_\_\_\_\_ Date: \_\_\_\_\_

# RECOGNIZE & RESPOND TO SUDDEN CARDIAC ARREST



**Their heart has stopped!**  
.....What do you quickly do?.....

## CALL·PUSH·SHOCK™



**Call 911**  
to get help on the way; dispatcher can guide you

**Start CPR**  
immediately by pushing hard & fast on the center of the chest

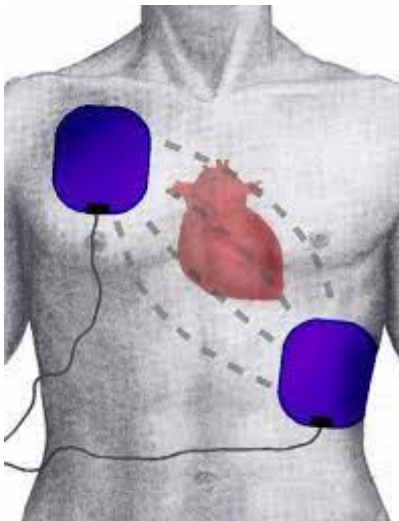
**Use an AED**  
follow prompts to restart the heart

.....**YOU Can Save A Life!**.....

*ParentHeartWatch.org*

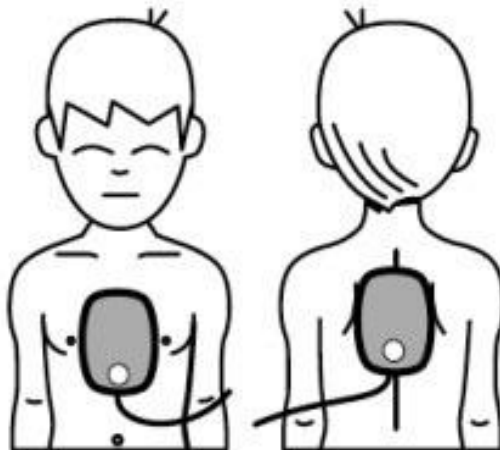
### HOW TO USE AN AED: TURN IT ON & LISTEN TO THE INSTRUCTIONS

#### ADULT PAD PLACEMENT:



#### PEDIATRIC PAD PLACEMENT:

IF PADS ARE TOO LARGE TO FIT BOTH ON CHEST:  
FRONT-TO-BACK "Sandwich" PLACEMENT



TO LEARN MORE: SCAN THIS QR CODE FROM THE AMERICAN HEART ASSOC

