

# Out of Hospital Cardiac Arrest

A cardiac arrest is **not** a heart attack.

Cardiac arrest means the heart is no longer pumping blood and oxygen around to the vital organs of the body. Quick action could save a life.

## Signs of a **heart attack**:

- pain in the chest
- difficulty breathing
- nausea
- feeling light-headed
- symptoms may vary from person to person

## Signs of **cardiac arrest**:

- unconscious *and*
- unresponsive *and*
- absent or abnormal breathing

If a person is experiencing a heart attack or more serious cardiac arrest, **call Triple Zero (000)** immediately for an ambulance.

[health.nsw.gov.au/cardiacarrest](https://health.nsw.gov.au/cardiacarrest)

