

YOU'VE THOUGHT ABOUT THEIR HEADS. WHAT ABOUT THEIR HEARTS?



SUDDEN
CARDIAC
ARREST
ISN'T
JUST AN
ADULT
THING.

IT'S THE NUMBER ONE CAUSE
OF DEATH OF STUDENT ATHLETES.

Here are the things to look out for:

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

SIMON'S Heart

For more information, visit **SIMON'Sheart.org**

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