

# Prevention of Sudden Cardiac Death

Recognition of the warning signs and early medical intervention are the keys to preventing sudden cardiac death in children and young adults.

## Warning Signs

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For student with no previously diagnosed heart condition:

- Fainting or seizure during physical activity.
- Fainting or seizures resulting from emotional excitement, emotional distress or being startled (for example, a sudden noise such as a school fire alarm system).
- All situations where there is fainting even when the individual wakes up quickly and seems fine.

*Note:* These warning signs are not conclusive in and by themselves; however, the presentation of any one of these warning signs requires an immediate cardiac evaluation.