

# 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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