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

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.