ACROSS

1 Many people take ____________ spray when they get angina.
5 Bracelet that will have information about a person’s medical history and allergies (2 words).
8 After going into cardiac arrest, a person’s heart may begin to ________________.
9 The second “R” of CPR.
10 If a person is breathing on their own, put them in the _________ position.
12 The “C” of the CPR CAB’s.
15 CPR stands for cardiopulmonary ________________.
16 Without ____________, serious damage to the brain starts in 4 to 6 minutes.
17 Remember, say to yourself “I’ve been ______. I can do this.”
18 The “D” in AED.

DOWN

2 When a person’s heart stops beating, they are in _______ _______ (2 words).
3 The leading risk factor for heart disease in Canada.
4 A blocked _____________ in the heart will cause a heart attack.
6 After checking for hazards, you should assess ________________.
7 High blood _________ can damage your heart and blood vessels.
11 Disease that affects the level of sugar and fat in the blood.
13 CPR is an important part of the chain of ________________.
14 A common medication that may help reduce the damage once a heart attack has started.