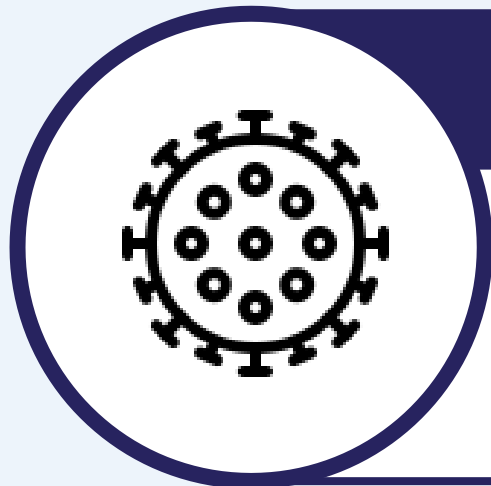


# CPR FOR EVERYONE

## IN THE COVID -19 SETTING



## HAZARDS

Check the scene is safe before approaching the person  
Put on any available Personal Protective Equipment (PPE)



## HELLO

**Awake**  
While keeping your face as far away from the person as possible, firmly tap on the person's shoulders and shout: "Are you ok?"

**Breathing**  
Check to see if the person is breathing by only looking for chest rise and fall  
Do not put your face or hand next to the person's mouth to feel for breathing

**Call**  
If the victim is unresponsive and not breathing or only gasping, call for help and an AED



## HELP

Call either 112 or local ambulance

Have you been in recent close contact or living with the person?

YES

NO

Has the person shown any signs or symptoms of Covid-19 prior to collapse?

NO

YES

Ensure you have put on any available PPE even if this means a delay in starting CPR

Fold a towel, cloth or suitable substitute 3 times and place it over the person's mouth and nose to help reduce the risk of possible Covid-19 transmission

### CHEST COMPRESSIONS

Begin CPR by pushing on the chest 30 times

### BREATHS

If you are willing, trained and able to do so, consider providing 2 rescue breaths  
Rescue breaths are especially important in the rescue of children and infants

Continue 30:2 until help arrives

Push on the chest repeatedly until help arrives  
(Hands-only CPR)

Try to alternate rescuers at least every 2 minutes or 5 cycles, to avoid rescuer fatigue

Breaths are not recommended due to the potential risk of Covid-19 transmission

### AED

Use the AED as soon as it becomes available  
Switch it on and follow the voice prompts