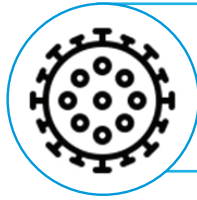


CPR for Everyone in the COVID-19 setting

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?"

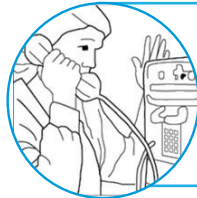
Breathing

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



Local Ambulance:
Cellphone: 112
Landline: 10177

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

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

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

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

Continue 30:2 until help arrives

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