Public Hands-Only CPR*

during the COVID-19 pandemic. Four steps you can handle.

Phone 9-1-1 and shout for an AED.

Don't delay – ACT!

If no one is around, use your mobile phone on speaker mode to call 9-1-1.

Tell them if COVID-19 is suspected.

Prevent contamination by laying a cloth, towel, or clothing over the mouth and nose.

This will help prevent any potential spread of the virus through contaminated air or saliva.

Push hard and fast in the centre of the chest.

Think of the beat of *Stayin' Alive* or about 100-120 beats per minute.

Don't stop until help arrives or the person begins to respond.

Use an AED if available.

AEDs are safe and simple to use. Turn it on and follow the voice instructions.

After providing Hands-Only CPR
Wash or throw away the cloth, towel, or clothing used to cover the person's face.
Wash your hands thoroughly with soap and water. An alcohol-based hand gel is an alternative.

If you see someone suddenly collapse or if they're unresponsive, you can save their life using your phone, your hands and your wits. **Don't hesitate – you can't hurt, you can only help.**

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