

# COVID-19 and Adult CPR

If an adult's heart stops and you're worried that they may have COVID-19, you can still help by performing Hands-Only CPR.



American Heart Association.

## Step 1



Phone 9-1-1 and get an AED.

## Step 2



Cover your own mouth and nose with a face mask or cloth.



Cover the person's mouth and nose with a face mask or cloth.

Or, if you feel comfortable giving breaths, use a CPR micorshield located in each **sasi First Aid Kit**.

## Step 3



Perform Hands-Only CPR. Push hard and fast on the center of the chest at a rate of 100 to 120 compressions per minute.

## Step 4



Use an AED as soon as it is available.