

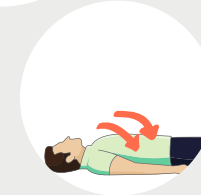
1 CONSCIOUS AND BREATHING, ALERT

> ARE THEY CONSCIOUS? **NO** → Get Help



> ARE THEY BREATHING?

YES → Recovery Position On Side



NO → CALL 061 Find Defibrillator



2 CHEST COMPRESSIONS

QUALITY CHEST COMPRESSIONS

> Frequency 100-120 per minute

> At a depth between 5/6 cm

> Duration of compression equal to decompression

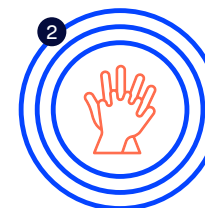


3 APPLY DEFIBRILLATOR

FOLLOW INSTRUCTIONS UNTIL 061 ARRIVES



4 TRANSFER



STEP-BY-STEP CARDIO PULMONARY RESUSCITATION

0 – AVOID THE SPREAD OF COVID 19

- Wash hands
- Face masks must be worn by rescuer and victim duration of compression equal to decompression
- Use of gloves recommended
- Check breathing by placing hand on chest
- Do not perform mouth to mouth

1 – ASSESS AND HELP

- Check consciousness
- Get help
- Check breathing: observe the chest
- Breathing: recovery position on side
- Not breathing: call 061 and perform chest compression

2 – QUALITY CHEST COMPRESSIONS

- Frequency 100-120 per minute
- At a depth between 5/6 cm
- Duration of compression equal to decompression
- If defib, apply it
- If no defib, continue compressions

3 – APPLY DEFIBRILLATOR

- Follow instructions until 061 arrives

TIME IS SO VITAL THAT A SINGLE MINUTE CAN BE THE DIFFERENCE BETWEEN LIFE AND DEATH. WE MUST SUPPORT ONE ANOTHER AND NOT HESITATE IF WE SUSPECT CARDIAC ARREST. DON'T LET COVID STOP YOU
YOUR HANDS SAVE LIVES

DEALING WITH CARDIAC ARREST IN TIMES OF COVID

CHAIN OF SURVIVAL

