

Performing CPR During COVID-19

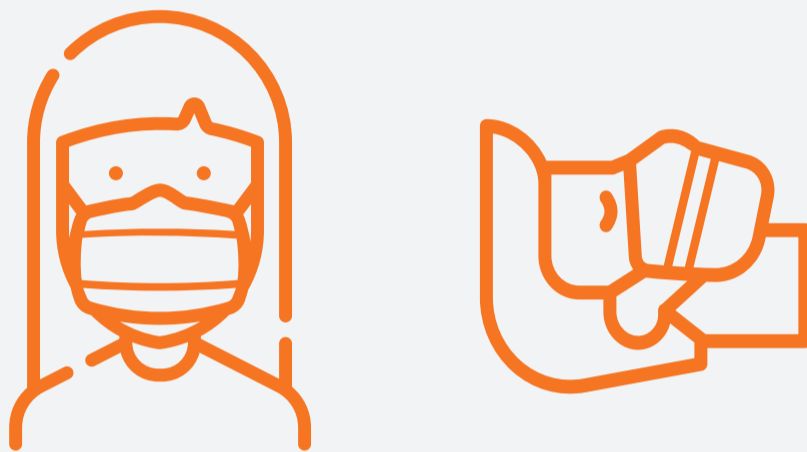
You can still help a victim of sudden cardiac arrest (SCA) during the COVID-19 pandemic. Keep yourself safe and help save a life by performing hands-only CPR.

Step 1



Call emergency services.

Step 2



Cover your own mouth and nose with a face mask or cloth and also cover the victim's mouth and nose, if possible.

Step 3



Perform hands-only CPR.

Push hard and fast on the center of the chest at the rate of 100 to 120 compressions per minute and to a depth of 5 to 6 centimeters.

Step 4



Use an automated external defibrillator (AED) as soon as it is available.

Step 5



Thoroughly wash your hands or disinfect with hand sanitiser after assisting with rescue.