

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.



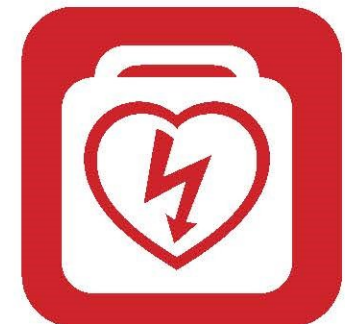
Cover the
person's mouth
and nose with
a face mask or
cloth.

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.