

COVID-19 and Adult CPR

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

05/11/20

STEP 1
Call 9-1-1.



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.

