

**Save a Life.
Learn CPR.**

HANDS ONLY CPR IN TIME OF PANDEMIC

“SELF-CARE MEANS KNOWING WHAT TO DO IN TIMES OF EMERGENCY.”

Source:
Philippine Heart Association

CHECK

See if the scene is safe to do CPR.
Visually assess the victim
without touching.
Consider cardiac arrest if the victim
is not moving, has no breathing,
or with gasping.



CALL

Call for help.
Call local hotline emergency
numbers or nearest rescue group.
Get an Automated External
Defibrillator (AED).



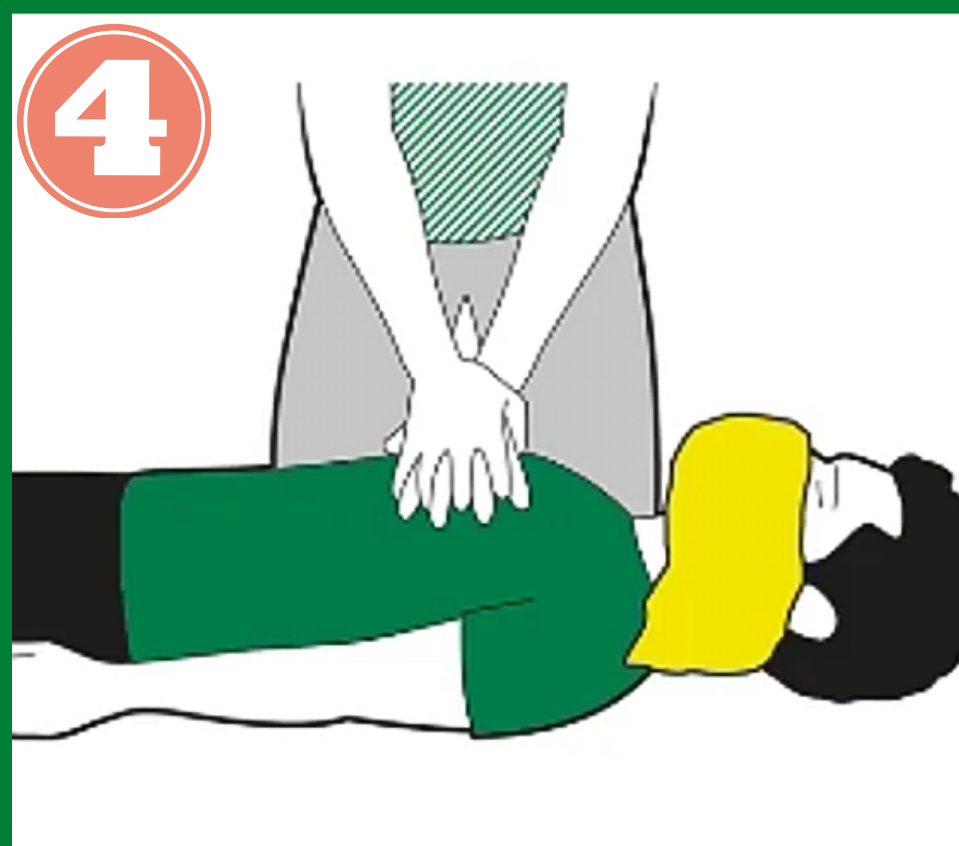
COVER

Rescuer wears Personal Protective
Equipment (PPE) like mask, gloves,
etc. Cover the victim's mouth and
nose with surgical mask
or clean cloth.



COMPRESS

Do high quality chest compression.
Compress at the center of chest
at the rate of 100-120/minute
with a depth of 2-2.5 inches.
Repeat every 2 minutes
until Emergency Medical Services
(EMS) arrives.



CONNECT

Connect to Automated External
Defibrillator (AED) available.
Turn on AED, attach electrode pads
and follow voice prompts.
Do CPR after every shock
Repeat every 2 minutes until with
signs of life.

