

# HANDS-ONLY CPR – SAFETY BULLETIN

## 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.

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Due to the COVID-19 pandemic, there is increased concern for viral transmission while providing CPR. The [American Heart Association \(AHA\)](#) recommends Hands-Only CPR when treating someone in cardiac arrest.

In addition to Hands-Only CPR and AED defibrillation, the AHA recommends placing a cover over the victim's mouth and nose (see picture). As with any contact with the public, wear a face mask and other appropriate PPE.



Photos courtesy Southwestern College Higher Education Center Otay Mesa

- If the victim is wearing a mask, leave it in place.
- If the victim is not wearing a face mask, cover the victim's nose and mouth with a cloth, towel, or a piece of clothing.

### **Be Prepared!** **Wear Your PPE**

- Goggles or Face Shield
- Mask
- Gloves
- Gown (if possible)

