

# 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.



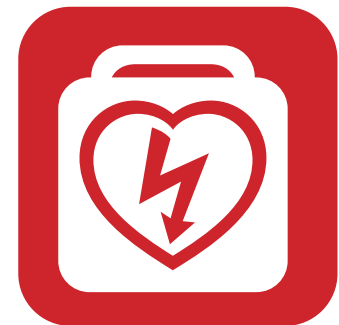
Cover the  
person's mouth  
and nose with  
a face mask or  
cloth.

## 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.