When CPR is provided immediately after sudden cardiac arrest, a victim’s chance of survival can be greatly improved. CPR saves lives!

**Before you start**

1. Check for responsiveness
   - Tap the shoulder and shout, “Are you OK?”

2. If victim isn’t breathing or only gasps occasionally, contact emergency services
   - If others are nearby, have someone call 911
   - If you are alone, call 911, provide details and begin CPR
   - Lay the victim on their back and kneel next to their head and shoulders

**CPR for adults and children 9 and older**

**Position**
- Keep your elbows straight and position your hands on top of the other in the center of the chest

**Give 30 rapid chest compressions**
- To a depth of at least 2 inches, at a rate of at least 100 per minute. Let the chest rise completely after each compression

**Tilt the head and lift the chin**

**Give 2 rescue breaths**
- Each lasting 1 second

**Continue cycle of 30 compressions and 2 rescue breaths until:**
- Victim wakes up
- An AED is brought to the scene and is ready to use
- Professional help arrives and takes over

**CPR for young children and infants**

**Position**
- Position two fingers of one hand or two thumbs just below the nipple line

**Give 30 rapid chest compressions**
- Position one or two hands in the center of the chest

**Tilt the head and lift the chin**

**Give 2 rescue breaths**
- Make a complete seal over the mouth and nose, then give 2 rescue breaths

**Compression-only CPR**

If the rescuer is unable or unwilling to provide rescue breaths, perform compressions continuously at a rate of at least 100 per minute.

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Fewer than 10% of sudden cardiac arrest victims survive*

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**WITHOUT OXYGEN**

4 MINUTES: Permanent brain damage sets in

8-10 MINUTES: Brain death can occur

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