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# How to Do Hands-Only CPR

If you find a teen or adult **not responding or not breathing**, \*follow these steps:



## Call 911

Push **hard and fast** in the **center of the chest**.



Use an **automated external defibrillator (AED)** to shock the heart into a normal rhythm.

*\*Compressions and breaths are needed for everyone in cardiac arrest, but they are especially important for children/infants, people who have drowned or have overdosed on drugs.*

Learn more at [cpr.heart.org](https://cpr.heart.org).



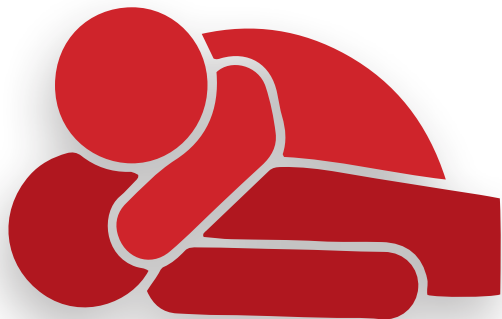
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# How to Do CPR With Breaths



## Call **911**

Push **hard and fast** in the **center of the chest** at a rate of **100-120 compressions** per minute.



Do cycles of **30 compressions and 2 breaths.**

Learn more at [cpr.heart.org](https://www.cpr.heart.org).



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# Simple Steps for CPR

If you see someone **suddenly collapse\***:

1. **Check the scene to make sure it's safe.**
2. Check for **responsiveness.**



3. **Shout for help.** Tell someone to **call 911** and get the **automated external defibrillator (AED).**
4. Start compressions at a rate of **100-120 compressions per minute.**

5. After **30 compressions, give 2 breaths.** Repeat until additional help or the AED arrives.



*\*Compressions and breaths are needed for everyone in cardiac arrest, but they are especially important for children/infants, people who have drowned or have overdosed on drugs.*

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