

# 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



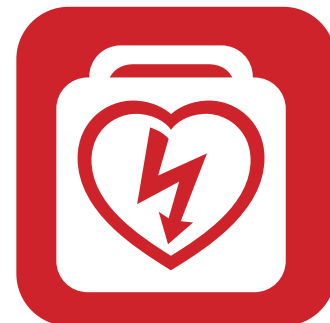
Phone 9-1-1  
and get an AED.

## Step 2



**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 3



**Use an AED as soon  
as it is available.**