1. Tap and shout.

2. Shout for help. Phone or send someone to phone 9-1-1.

3. Look for no breathing or only gasping.

4. Push hard and fast in the center of the chest at a rate of 100 to 120 compressions per minute. Give 30 compressions.

5. Open the airway and give 2 breaths.

6. Repeat sets of 30 compressions and 2 breaths.

7. If you are alone after 5 sets of 30 compressions and 2 breaths, take the infant with you to phone 9-1-1 and get an AED. Continue to provide CPR.