1. Tap and shout.
2. Shout for help. Phone 9-1-1 and place phone on speaker mode so you can talk to the dispatcher, or send someone else to phone 9-1-1 and get an AED.*
3. Look for no breathing or only gasping.
   • Push straight down at least one third the depth of the chest, or approximately 2 inches.
   • Give 100 to 120 compressions per minute.
   • Let the chest come back up to its normal position.
   • Try not to interrupt compressions for more than 10 seconds.
5. Open the airway and give 2 breaths.
6. Repeat sets of 30 compressions and 2 breaths.
7. When the AED arrives, use it immediately. Turn it on and follow the prompts.

*If you are alone and do not have a phone, give 5 sets of 30 compressions and 2 breaths. Then, go phone 9-1-1 and get an AED. Return and continue CPR.