

# COVID-19 and Child and Infant CPR

If a child or an infant's heart stops and you're worried that they may have COVID-19, you can still help.



American  
Heart  
Association®

## Step 1

Make sure the scene is safe.

Check to see if the child or infant is awake and breathing normally.



## Step 2

Shout for help.

If you're alone, phone 9-1-1 from a cell phone, perform CPR with 30 compressions and then 2 breaths (if you're willing and able) for 5 cycles, and get an AED.

If help is available, phone 9-1-1. Send someone to get an AED while you start CPR.



## Step 3

Provide CPR with compressions and breaths (if you're willing and able).



### ■ Start child CPR

Push on the middle of the chest 30 times at a depth of approximately 2 inches with 1 or 2 hands. Provide 30 compressions and then 2 breaths. Repeat cycles.



### ■ Start infant CPR

Push on the middle of the chest 30 times at a depth of approximately 1½ inches with 2 fingers. Provide 30 compressions and then 2 breaths. Repeat cycles.

Use the AED as soon as it arrives. Continue CPR until EMS arrives.