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.

**Step 1**
Phone 9-1-1 and get an AED.

**Step 2**
Cover your own mouth and nose with a face mask or cloth.

**Step 3**
Cover the person’s mouth and nose with a face mask or cloth.

**Step 4**
Perform Hands-Only CPR. Push hard and fast on the center of the chest at a rate of 100 to 120 compressions per minute.

Use an AED as soon as it is available.