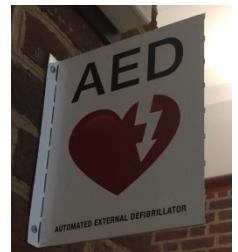


## Hands-Only CPR Guide

1. Establish unresponsiveness/lack of effective breathing
2. Call (or direct someone to call) 911
  - Call 911 from landline or mobile phone
  - Make sure to give your exact location
3. Go get (or direct someone to get) the **AED**
4. Push hard and fast on the center of the chest until the AED or trained help arrives



5. **DO NOT STOP** until help/AED arrives
6. Apply the AED as soon as it is available and follow verbal prompts.