

CPR

IF YOUR BABY IS UNCONSCIOUS OR NOT BREATHING

FIRST, have someone else call 911. If you are alone, call for help only after attempting rescue efforts for one minute. Remember the ABCs of lifesaving—Airway, Breathing, Circulation—to help guide you through the following steps.

1 Place the baby on a firm, flat surface, such as a table. Tilt his head back slightly and lift his chin to open the airway. Look, listen, and feel for the baby's breaths. If the baby is breathing, skip to step 8.



2 If the baby is not breathing, cover his mouth and nose with your mouth. **Blow two slow and gentle rescue breaths** to see if his chest rises. (If your child is over age one: Cover just his mouth with your mouth, and pinch his nose.)



IF THE CHEST DOESN'T RISE, HERE'S WHAT TO DO:

3 Tilt the baby's head back even further and give two more slow rescue breaths.



4 If the baby's chest still doesn't rise, imagine a line between his nipples, and place two fingers on his breastbone, just below the center of the nipple line. Use your fingers to give **five quick chest compressions**, depressing the breastbone $\frac{1}{2}$ to 1 inch, without removing your fingers between compressions. (If your child is over age one: Use the heel of your hand instead of two fingers to apply the chest compressions.)

5 Tilt his head, and **check for an object in his mouth**. If object is seen, sweep it out with your little finger. (Don't fish for it if you can't see it.)

6 Give one slow, gentle rescue breath. Check to see if his chest rises.

7 If his chest doesn't rise, **repeat the pattern** of five chest compressions, object check, and one rescue breath until air goes in.

IF THE CHEST DOES RISE, HERE'S WHAT TO DO:

8 Check for signs of circulation: breathing, coughing, or movement in response to rescue breaths, or a pulse on the inside of the upper arm.



9 If signs of circulation are present, continue giving one rescue breath, as described in step 2, every three seconds (remove your mouth between breaths). After one minute, check for your baby's pulse again. If you can still feel it, continue giving **one breath every three seconds** and keep checking for a pulse every minute.

10 If there are no signs of circulation, administer five chest compressions as described in step 4, followed by one slow rescue breath, as described in step 2.

11 Repeat cycles of five chest compressions to one breath. After one minute, check for signs of circulation, continue the cycles, and then check again every two minutes.

IMPORTANT: The best way to learn infant CPR is to take a course, and then follow these steps as a refresher.