**Ask me what to do if a child has stopped breathing normally**

1. **Call 999/112 for emergency help**
   - If you’re alone, give one minute of CPR before calling on a speaker phone.

2. **Breathe**
   - Open the airway.
   - Pinch their nose firmly closed.
   - Put your lips around their mouth and blow steadily until their chest rises.
   - Give five initial rescue breaths.

3. **Pump**
   - Using the heel of one hand in the centre of the chest, give 30 chest compressions at a rate of 100-120 per minute.

4. **Repeat**
   - Give two rescue breaths followed by 30 chest compressions.
   - Continue CPR until help arrives.

**During a pandemic, please refer to the UK resus council at www.resus.org.uk for any CPR practice changes.**