Ask me what to do if your baby 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.
- Put your lips around their mouth and nose and blow steadily for up to one second.
- > Give five initial rescue breaths.

3. Pump

 Using two fingers in the centre of the chest, give 30 chest compressions at a rate of 100-120 per minute.

4. Repeat

First aid

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- 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.