

WHEN BREATHING STOPS



IF A VICTIM APPEARS TO BE UNCONSCIOUS

TAP VICTIM ON THE SHOULDER AND SHOUT, "ARE YOU OKAY?"



IF THERE IS NO RESPONSE

TILT THE VICTIM'S HEAD, CHIN POINTING UP. Place one hand under the victim's neck and gently lift. At the same time, push with the other hand on the victim's forehead. This will move the tongue away from the back of the throat to open the airway.



IMMEDIATELY LOOK, LISTEN, AND FEEL FOR AIR.

While maintaining the backward head tilt position, place your cheek and ear close to the victim's mouth and nose. Look for the chest to rise and fall while you listen and feel for the return of air. Check for about 5 seconds.



IF THE VICTIM IS NOT BREATHING

GIVE FOUR QUICK BREATHS.

Maintain the backward head tilt, pinch the victim's nose with the hand that is on the victim's forehead to prevent leakage of air, open your mouth wide, take a deep breath, seal your mouth around the victim's mouth, and blow into the victim's mouth with four quick but full breaths just as fast as you can. When blowing, use only enough time between breaths to lift your head slightly for better inhalation. For an infant, give gentle puffs and blow through the mouth and nose and do not tilt the head back as far as for an adult.



If you do not get an air exchange when you blow, it may help to reposition the head and try again.

AGAIN, LOOK, LISTEN, AND FEEL FOR AIR EXCHANGE.

IF THERE IS STILL NO BREATHING

CHANGE RATE TO ONE BREATH EVERY 5 SECONDS FOR AN ADULT.

FOR AN INFANT, GIVE ONE GENTLE PUFF EVERY 3 SECONDS.



MOUTH-TO-NOSE METHOD



The mouth-to-nose method can be used with the sequence described above instead of the mouth-to-mouth method. Maintain the backward head-tilt position with the hand on the victim's forehead. Remove the hand from under the neck and close the victim's mouth. Blow into the victim's nose. Open the victim's mouth for the look, listen, and feel step.