

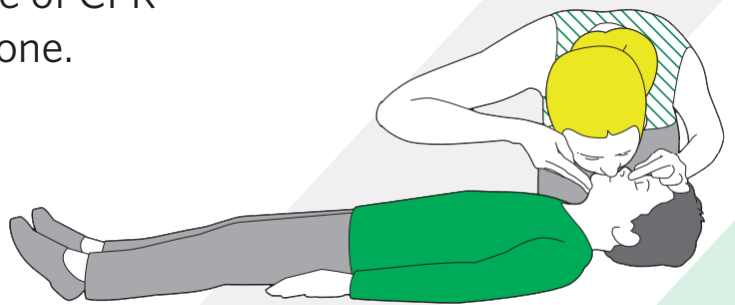
Ask me what to do if a child has stopped breathing normally

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.