

Give a Hand to Save Others from Sudden Cardiac Arrest Hands-Only™ CPR — Facts

Sudden cardiac arrest claims hundreds of thousands of lives each year. One of the main reasons is because no one at the scene does anything to help. In fact, less than one-third of sudden cardiac arrest victims receive bystander cardiopulmonary resuscitation (CPR). Getting help right away — within a few minutes -- is the key to survival. People who have a sudden cardiac arrest and don't get help right away will probably die.

Fortunately, the American Heart Association has a new way for *anyone* to step in and help adults who suddenly collapse -- **Hands-Only™ CPR**.

- **Hands-Only CPR** is CPR without mouth-to-mouth rescue breaths. It involves two easy steps: Call 911 and push hard and fast on the center of the chest. Don't stop until help or an AED arrives.
- *Anyone* can perform **Hands-Only CPR** and *everyone* should perform it if they aren't confident in their CPR skills or haven't learned conventional CPR.
- Hands-Only CPR is easy to remember and results in delivery of more, uninterrupted chest compressions until more advanced care arrives on the scene.
- Find out more at HandsOnlyCPR.heart.org The site includes:
 - A **Hands-Only CPR** instructional video
 - Survivor stories
 - Hand symphony viral video
 - Media materials, including photos and contact information
 - News coverage
- Bystanders must take action when they see someone suddenly collapse and stop breathing normally. When effective bystander CPR is given immediately after sudden cardiac arrest, it can double or triple a victim's chance of survival. **Hands-Only CPR** can help save lives.
- **Do not give Hands-Only CPR to infants and children — all infants and children who have a sudden cardiac arrest need conventional CPR.**
- Adults who nearly-drown or have cardiac arrest due to a respiratory cause need conventional CPR.