

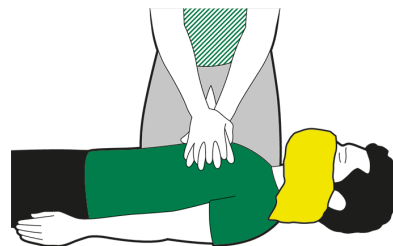
What to do if someone is unresponsive and not breathing normally

1. Call 999/112 for emergency help

- Ask if an AED is nearby

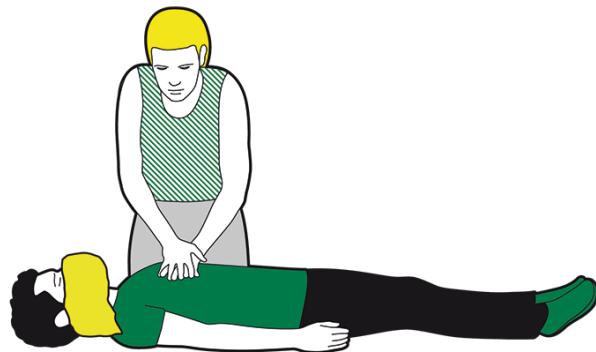


2. Lay a piece of towel or clothing over the casualty's nose and mouth



3. Pump

- 30 chest compressions at a rate of 100-120 per minute
- Do not give rescue breaths
- Continue to pump until help arrives.



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