

Giving CPR for real

Advice for those who may need to give CPR for real has also been published. For example, the RCUK recommend that if you are concerned about contracting the virus, not to put your ear down to the mouth to check for breathing, but instead to look for signs of breathing/life. If concerned: give compressions only as this is much better than no CPR at all. It should be remembered however that in the case of paediatric arrest or where there is a delayed ambulance response not giving rescue breaths could significantly reduce chances of survival, compared to the (at present) unlikely risk of contracting COVID-19, which may only result in mild symptoms if you are healthy.

The RCUK advice is here:

<https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/covid-community/>

Also of use:

[How to change a Brayden Manikin Airway](#)

[How to change Little Anne Airway](#)

[How to change Practi-MAN Airway](#)