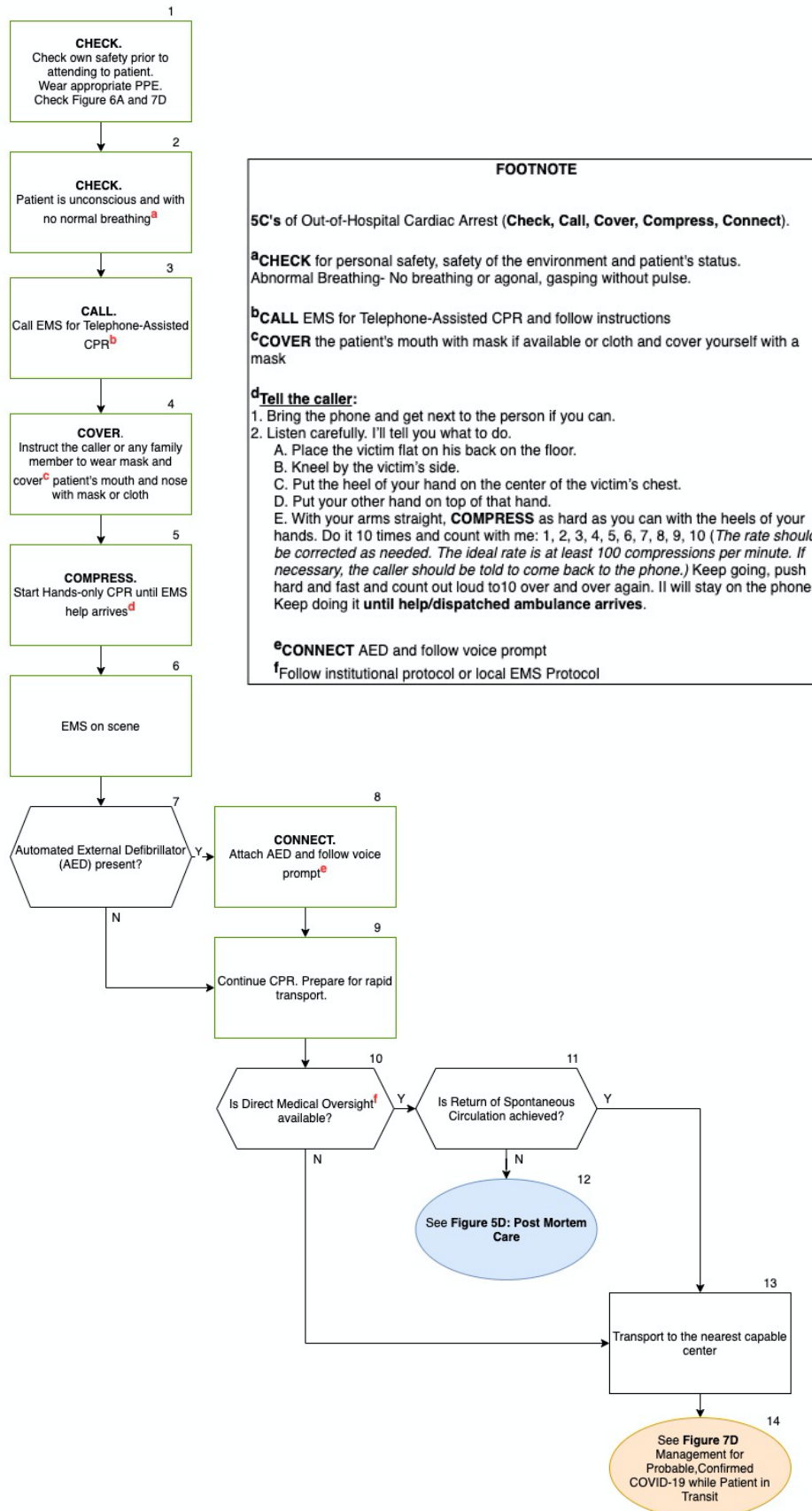


FIGURE 7A. MANAGEMENT OF OUT OF HOSPITAL CARDIAC ARREST (OHCA) DURING PANDEMICS (COVID-19)

NOVEMBER 7, 2020



FOOTNOTE

5C's of Out-of-Hospital Cardiac Arrest (Check, Call, Cover, Compress, Connect).

^a**CHECK** for personal safety, safety of the environment and patient's status. Abnormal Breathing- No breathing or agonal, gasping without pulse.

^b**CALL** EMS for Telephone-Assisted CPR and follow instructions

^c**COVER** the patient's mouth with mask if available or cloth and cover yourself with a mask

^d**Tell the caller:**

- Bring the phone and get next to the person if you can.
- Listen carefully. I'll tell you what to do.
 - Place the victim flat on his back on the floor.
 - Kneel by the victim's side.
 - Put the heel of your hand on the center of the victim's chest.
 - Put your other hand on top of that hand.
 - With your arms straight, **COMPRESS** as hard as you can with the heels of your hands. Do it 10 times and count with me: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 (*The rate should be corrected as needed. The ideal rate is at least 100 compressions per minute. If necessary, the caller should be told to come back to the phone.*) Keep going, push hard and fast and count out loud to 10 over and over again. It will stay on the phone. Keep doing it **until help/dispatched ambulance arrives.**

^e**CONNECT** AED and follow voice prompt

^fFollow institutional protocol or local EMS Protocol