



How can you help someone who is

# unresponsive and not breathing •

**Key action:**

# Get help



**How do you know someone is unresponsive and not breathing?**

They don't answer or move if you call their name or shake their shoulders.

**Check if they are breathing:**

Look at their chest – is it moving? Listen near their mouth – can you hear them breathing?

Feel – can you feel their breaths on your cheek?

If the answer is no, they are not breathing.

**How to help**

- 1 If they are not breathing, **get help**: tell an adult and call 999.



- 2 Tell the adult to do chest compressions by pushing firmly in the centre of their chest until help arrives.

