

The "Seconds Count" Emergency Checklist

STAY CALM: Your brain is the most useful tool in the room.

CALL 911: Put them on speakerphone immediately.

CHECK BREATHING: If they aren't breathing, begin chest compressions.

HANDS-ONLY CPR: Push hard and fast (100–120 BPM) in the center of the chest.

LOCATE THE AED: If one is nearby, turn it on and follow the voice prompts.

CLEAR THE WAY: Unlock the door and secure any pets.

GATHER MEDS: Grab the "Vial of Life" or current pill bottles for the paramedics.