

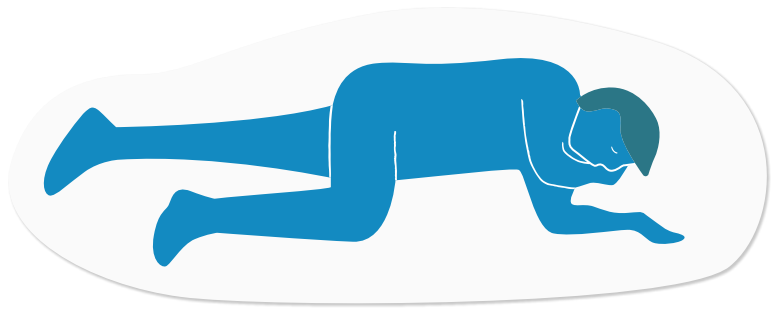
How can you help someone who is

# unresponsive and breathing



## Key action:

Roll them over  
and tilt their  
head back



### How do you know someone is unresponsive and breathing?

They don't wake up if you shout 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?

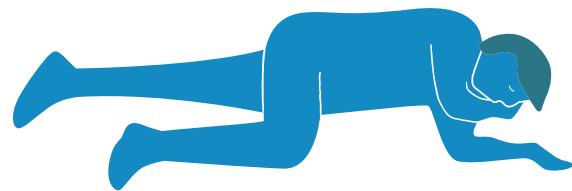
Feel – can you feel their breaths on your cheek?

If the answer is yes, then they are breathing.



## How to help

- 1 If they are breathing, **roll them on to their side and tilt their head back.**



- 2 Tell an adult and call 999

