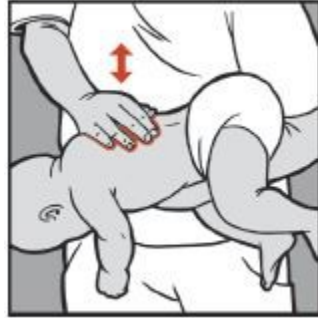


FIRST AID FOR BABIES UNDER 12 MONTHS



Be prepared for emergencies by familiarising yourself with first aid procedures and keeping a list of emergency numbers in your mobile phone.



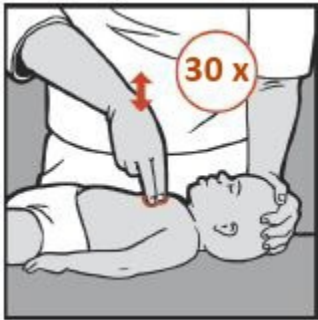
1. If the baby is unconscious, not breathing, his colour is grey or pale, or does not react, place him in the recovery position by lying him face down on your forearm and hit the baby few times between his shoulder blades.



2. Check his mouth for airway blockages – for example tongue, food, vomit or blood. If there's a blockage, use your little finger to clear it.



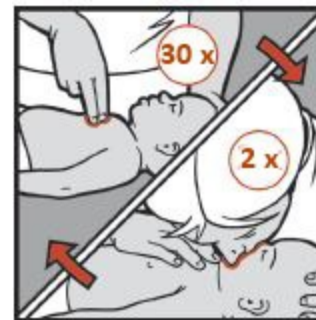
3. If the baby is NOT breathing or responding, tilt the baby's head back very slightly. Take a breath and seal his mouth and nose with your mouth. Blow gently and steadily for about one second. Watch for the rise and fall of the chest. Take another breath.



4. If the baby does not react, position two fingers in the centre of baby's chest and give 30 compressions at a rate of about 2 compressions per second. Each compression should depress the chest by about one third (2cm).



5. Take another 2 breaths. Every breath has to be gently and steadily for about one second and the chest has to rise and fall.



6. Continue giving compressions followed by 2 breaths until the baby starts breathing and responding. Turn him into the recovery position. Keep watching his breathing and be ready to start CPR again at any time.



7. After 1 minute doing CPR call the ambulance, the number for Czech Republic is **155**, and continue with CPR again. If you are 2 rescuers, one of you should call the ambulance immediately.