Near Drowning
• Near drowning means almost dying from suffocating under water.
• It is the last stage before fatal drowning, which results in death.
• Bystanders should call ambulance immediately.
• The victim should be removed from the water at the earliest opportunity.
• If the person is not breathing, check the person's pulse for 10 seconds. If there is no pulse, start CPR.
• For an **adult or child**, place the heel of one hand on the center of the chest at the nipple line. You can also push with one hand on top of the other.

• For an **infant**, place two fingers on the breastbone.

• Do chest compressions at the rate of 100-120 per minute or more.

• Pinch the nose of the victim closed. Take a normal breath, cover the victim's **mouth** with yours to create an airtight seal, and then give 2 one-second breaths as you watch for the chest to rise.

• Give 2 breaths followed by 30 chest compressions.

• Continue this cycle of 30 compressions and 2 breaths until the person starts breathing or emergency help arrives.