

(Sent Out as Email by Vic )

Subject: Fwd: How to Give CPR to Yourself

Many people are alone when they suffer a heart attack. Without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.

These victims can help themselves by coughing repeatedly and very vigorously.

A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest.

A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it to regain a normal rhythm.

Using this simple method a person can gain the extra moments until help appears.

Tell as many other people as possible about this. It could save their lives!