

## **This information is additional to the patient information leaflet 'What happens if my heart stops?'**

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When you die your heart stops beating.

No blood gets pumped round your body, so very quickly the rest of your body stops working.

Your kidneys, your liver, your lungs and your brain all stop working.

### **What is Cardiopulmonary Resuscitation (CPR)?**

If your heart stops beating it may be possible to start it beating again.

Attempts to restart your heart will include pressing down firmly on your chest again and again, and breathing for you.

Ambulance or hospital staff might use a machine to give your heart an electric shock to make it start working again.

They may put a tube down your windpipe to help you breathe. They may also give you drugs to help your heart start.

This is called cardiopulmonary resuscitation (CPR).

### **COVID-19 Pandemic**

If your heart stops and you have a diagnosis of COVID-19, or are being investigated for COVID-19, then healthcare workers will need to put on appropriate personal protective equipment before starting resuscitation. This is likely to cause a delay in starting resuscitation. This delay means that resuscitation is less likely to be successful.

We recognise that this information may be difficult and upsetting to hear. This information tries to give the information as clearly and sensitively as possible.