

Acupressure Resuscitation

1. Fingernail under nose with firm pressure.
2. Finger tip rubbing below ear, behind jaw.
3. Fingernail pressure on the inside side of index finger beside nail, with palm down.
4. Fingertip firm pressure middle front 1/3 of bottom of foot.
5. If chills, rub clockwise on the vertebrae at the nape of the neck.