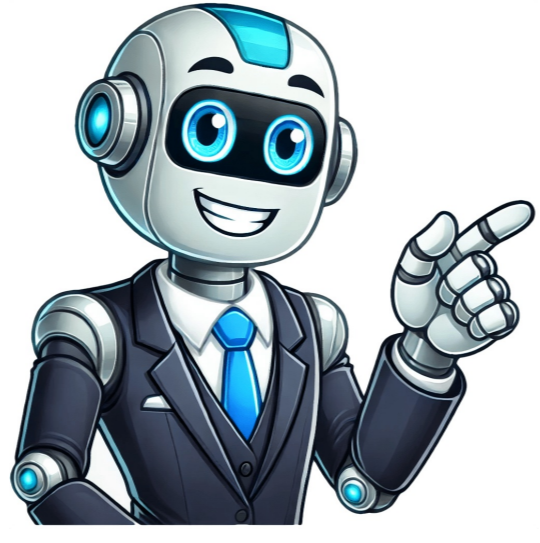


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Directv channel guide large print

****DirecTV Channel Guide**** The following channels are available on DirecTV's channel package, including many popular networks and specialty channels. ****General Entertainment Channels**** * Cooking Channel (232) * GSN Game Show Network (233) * E! (236) * Bravo (237) * Sundance TV (240) * HSN (241) * USA Network (242) * SyFy (244) ****Sports Channels**** * ESPN (246) * ESPNews (247) * Sports Mix (205) * NFL Network (252) * MLB Network (253) * NHL Network (255) * NBA TV (258) ****Movie Channels**** * AMC (254) * FX (248) * FXX (259) * TCM (256) * FXM (258) ****Music and Variety Channels**** * Music & Videos (9560) * Party Favorites (881) * Taste of Italy (882) * Irish Favorites (883) * Nature Sounds (884) * Filipino News & Weather (885) * Vietnamese (886) ****Specialty Channels**** * Discovery (278) * TLC (280) * Animal Planet (282) * Nat Geo Wild (283) * Science Channel (284) * Dest. America (286) * American Heroes Channel (287) * TV One (328) * BET (329) * MTV (331) * VH1 (335) ****Kids and Family Channels**** * Disney Jr (289) * Nick Jr (301) * Nickelodeon East (299) * Nickelodeon West (300) * Teen Nick (304) * Cartoon Network East (296) * Cartoon Network West (297) ****International Channels**** * Mexicana (876) * Brazilian Pop (877) * Latin Jazz (879) * Italian Favorites (882) * Irish Favorites (883) * Filipino News & Weather (885) * Vietnamese (886) & Swing Kids, Teens & Family 9562 Jazz Vocal Standards Sports 9563 Lounge Home Shopping 9564 Party Favorites Spiritual 9565 Irish Favorites 9566 K-Pop 9567 Sounds of Seasons 9568 Easy Listening 9569 Taste of Italy 9570 Retro Workout 9571 Workout 9572 Jazz Vocal Hits 9573 Italian Favorites 9574 Classic Masterpieces

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1. Make sure you're not in harm's way 2. Call for help (911, a bystander, and an AED if possible) 3. Check if they respond to voice or painful stimuli. If not, then... 4. For suspected opioid overdose or children, open the airway using the chin tilt maneuver (see image below). Pinch their nose and give three rescue breaths, then... 5. Start chest compressions: Push down in the middle of the chest with your palm facing down and arm straight, making sure it's at least one inch deep and hard. Do more than one compression per second. 6. Continue compressions and ventilations at a ratio of 30:2 (after 30 compressions, give two breaths) Chin Tilt Maneuver (to open airway): 1) Tilt their head back 2) Lift their chin up and out 3) Create an airtight seal (pinch nose, mouth seal) 4) Give slow breaths *This information is for guidance only and not medical advice. Consult your doctor for details. For more info, check out br>

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