



	Ch.	Station
	2	KYAZ
	3	KZJL
	4	KTXH
	5	KIAH
	6	KTMD
	7	KPXB
	8	KUHT
	9	KRIV
	10	KXLN
	11	KHOU
	12	KPRC
	13	KTRK
	14	KETH
	15	KFTH
GOVT	16	Municipal Access
	17	Access TV
	18	Educational
	19	Houston Comm. Coll.
	20	KLTJ
	21	USA Network
	22	Cartoon Network
	23	A&E
	24	Hallmark Channel
	25	Cable News Network
	26	HLN
	27	The Weather Channel
QVC	28	QVC
	29	Discovery <small>[#2 best]</small>
	30	MTV
	31	FX
	32	Freeform
	33	ESPN
	34	ESPN2

Legend	
SD	Standard Definition
HD	High Definition
<i>Grey</i>	<i>Non-network channel</i>
	Local Channels
	Multicultural
	News & Weather
	Music & Videos
	Relaxation
	Movies & Entertain.
	Sports
	Home Shopping
	Kids, Teens & Family
	Spiritual



	Ch.	Station
	35	Golf Ch.
	36	TNT
	37	Bally Sports Southwest Z2
	38	Fox News
	39	AT&T SportsNet Southwest
	40	Lifetime
	41	Disney Channel
	42	Animal Planet
	43	Nickelodeon
	44	E!
	45	CNBC
	46	BET
	47	HGTV
	48	Paramount Network
	49	NBCSN
	50	Galavisión
	51	TBS
	52	Food Network
	53	KUBE
	54	NewsNation SD
QUEST	55	KTBU-DT SD
	56	CSPAN
	57	AMC
	58	History <small>[#3 best]</small>
	59	Comedy Central
	60	SyFy
	61	VH1
	62	Travel Ch.
	63	TLC
	64	Home Shopping Network
	65	Bravo
	66	Oprah
	67	truTV

Ch.	Station
75	Leased Access
76	SonLife Broadcasting
80	MSNBC
81	HSN2
100	Pop
101	NBA TV 🏀
102	Reelz
103	Hallmark Movies-Mysteries
104	Hallmark Drama SD
105	FXX
106	CBS Sports Network
108	MLB Network ⚾
110	Sports Houston
111	Fox Sports 2
112	Tennis Ch. 🎾
113	NFL Network 🏈
114	Fox Sports 1
115	Outdoor Ch. 🌲
116	ESPNews
117	WE tv
118	Ovation
119	LMN
123	Big Ten Network
124	NHL Network 🏒
125	ESPNU
126	Discovery Life
128	Universal Kids
130	NFL RedZone
131	Sportsman Ch. 🦌
137	TV Games Network
140	SEC Network
141	Tr3s: MTV, Musica y Mas
142	SEC A

**Ad Group A**

2.18" x 4.36"

**Your ad goes  
HERE**

On the living room  
coffee table, this ad  
clearly has **GREAT**  
potential

Ch.	Station
160	Logo
169	Turner Classics
170	Flix
172	UPtv
173	TV One
174	Jewelry Television
175	ShopHQ
202	INSP
204	Eternal Word Television Network
205	NASA TV 🚀
208	CSPAN2
209	CSPAN3
211	DIY Network 🛠️
213	Investigation Discovery
218	GAC Family 🇺🇸
219	MTV Classic
220	MTV2
222	CMT
223	BET Her
225	Cooking Ch. 🍳
226	BBC America 🇬🇧
228	FYI
229	Vice
233	BBC World News
234	Fox Business
235	Bloomberg TV
239	Universo
240	The Africa Channel
241	Pursuit Channel 🐎
242	Cleo TV
250	Nat Geo Wild 🌿
252	TVK1 🇰🇷
257	Cowboy Ch. 🤠

	Ch.	Station
	261	Nick Music
	262	BET Jams
	263	CMT Music
	264	Impact Network
	265	BET Soul
	268	Jewish Life TV
	272	Crime + Investigation
	273	Military History
	275	Nick Too <i>East</i>
	276	Positiv TV
	301	KYAZ-DT3
	304	KUHT-DT4
	305	KRIV-DT2
	306	KTXH-DT4
	307	KTXH-DT3
	308	KTXH-DT2
	309	KHOU-DT3
	310	KHOU-DT2
	317	KIAH-DT3
	318	KIAH-DT2
	319	KPRC-DT3
	320	KPRC-DT2
	322	KLTJ
	323	KUHT-DT2
	324	KUHT-DT3
	325	KTMD-DT3
	326	KTMD-DT2
	327	Oxygen
	328	Destination America
	334	Smithsonian <i>[#1 fav]</i>
	335	Nat Geo
	336	Discovery Family
	337	Science Ch.




























**Did you know you can search the PDF version of this guide for a particular channel?**





































Simply use your Find or Search bar when viewing the document in your PDF viewer and type in the channel of interest!

	Ch.	Station
	338	American Heroes
	339	Game Show Network
	341	Disney XD
	342	Nick Jr
	343	Boomerang
	344	Disney Junior
	345	BabyFirst TV
	346	TV Land
	347	Teen Nick
	348	Nicktoons
	397	FXM
	398	SundanceTV
	399	IFC
	400	Starz Encore
	401	Afro
	403	Starz Encore Westerns
	404	ScreenPix Westerns
	405	Starz Encore Action
	406	ScreenPix Voices
	407	Starz Encore Black
	408	Starz Encore HD
	409	ScreenPix
	410	Starz
	411	Epix <i>East</i>
	412	Epix HD
	413	Epix 2
	414	Epix Hits
	415	Epix Drive-in
	416	Starz HD
	418	Epix <i>East</i>
	419	ScreenPix Action
	425	Cinemax
	426	Cinemax <i>West</i>

	Ch.	Station
	434	Cinemax HD
	435	Hitz
	436	Hitz 2
	437	Hitz 3
	444	HBO
	445	HBO West
	446	HBO2
	448	HBO Signature
	450	HBO Family
	452	HBO Comedy
	454	HBO Zone
	456	HBO Latino
	460	HBO HD
	461	HBO2 HD
	464	HBO Signature HD
	465	HBO Latino HD
	467	Epix HD
	470	Showtime HD
	474	Showtime
	475	Showtime 2
	476	Showtime Showcase
	479	SHO x BET
	480	Showtime Extreme
	481	Showtime Next
	482	Showtime Women
	483	Showtime Familyzone
	488	The Movie Channel
	489	The Movie Channel Extra
	497	Primo TV
	498	Kids Street
	500	Cine Mexicano
	501	Once
	502	Teleformula

**Ad Group B**  
2.18" x 2.18"  
**Your ad goes  
HERE**

	Ch.	Station
	503	Video Rola
	504	Discovery Familia
	505	Pasion TV
	506	Tr3s: MTV, Musica y Mas
	508	Centroamerica TV
	509	CNN en Español
	510	Universo
	512	Fox Deportes
	513	ESPN Deportes
	514	Latin American Sports
	515	Discovery en Español
	516	History en Español
	517	Galavisión
	518	BabyFirst Esp
	519	Vme Kids SD
	520	EWTN Español
	521	Multimedios
	524	Cine Latino
	526	HITN
	527	Kanal D Drama SD
	529	Canal Sur
	530	ETBN Enlace
	531	Canal RCN Telenovelas
	534	TVE America
	535	Fox Life
	536	ViendoMovies
	537	WAPA America SD
	538	Cinema Dinamita
	539	Mexicanal
	540	Nuestra Tele Int.
	542	Sur Peru
	543	Canal ESNE
	544	Sony Cine

	Ch.	Station
	545	Telefe Internacional
	546	TVV
	547	Dominicana
	548	TV Chile Internacional
	551	Univision Network <i>West</i>
	552	UniMas <i>West</i>
	553	TUDN 
	554	Universo HD
	556	Caracol Internacional
	557	Ecuavisa Internacional
	558	ESPN Deportes HD
	559	Fox Deportes HD
	599	Fox Sports 2 HD
	600	NFL Network HD 
	601	Fox Sports 1 HD
	602	NBA TV HD 
	604	KTXH-DT
	605	KIAH-DT
	606	KTMD-DT
	607	KPXB-DT
	608	KUHT-DT
	609	KRIV-DT
	610	KXLN-DT
	611	KHOU-DT
	612	KPRC-DT
	613	KTRK-DT
	614	KTBU-DT
	615	KFTH-DT
	616	KYAZ-DT
	617	KZJL-DT
	618	KETH-DT
	620	Xfinity Black Experience
	621	USA Network HD

**Please help the small guy out eh!?**

We work hard to make these guides accurate and up to date and we don't charge for 'em.

Plus, we're so new, "Printable TV Channel Guides" that is, that the internet barely knows us. So, please give us an online review? Do I have to beg?

**Review Links** (these are clickable on the PDF version)

Google:  
<https://g.page/Print-TVGuides/review?gm>

Facebook:  
<https://tinyurl.com/wb3h5wet>

	Ch.	Station
	622	Cartoon Network HD
	623	A&E HD <i>East</i>
	624	Hallmark Channel HD
	625	CNN HD
	626	HLN HD
	627	The Weather Channel HD
	628	QVC HD
	629	Discovery HD <i>[#2 best]</i>
	630	MTV HD
	631	FX HD
	632	Freeform HD
	633	ESPN HD
	634	ESPN2 HD
	635	Golf Ch. HD 
	636	TNT HD
	637	Bally Sports Southwest HD Z2
	638	Fox News HD
	639	AT&T SportsNet Southwest HD
	640	Lifetime HD
	641	Disney Channel HD
	642	Animal Planet HD 
	643	Nickelodeon HD
	644	E! HD 
	645	CNBC HD
	646	BET HD
	647	HGTV HD 
	648	Paramount Network HD
	649	NBCSN HD
	650	Galavisión HD
	651	TBS HD
	652	Food Network HD 
	653	KUBE
	654	NewsNation

	Ch.	Station
	655	Oprah HD
	656	Vice HD
	657	AMC HD
	658	History HD <i>[#3 best]</i>
	659	Comedy Central HD
	660	Syfy HD 🐼
	661	VH1 HD
	662	Travel Ch. HD 🛩️
	663	TLC HD
	664	HSN HD
	665	Bravo HD
	666	AMC+
	667	truTV HD 🧑
	668	MSNBC HD
	669	Bloomberg TV HD
	670	Motortrend HD 🚗
	671	LMN HD
	672	FYI Channel HD
	673	AXS TV
	674	MTV Live
	675	Olympic Ch. 🏊
	676	Nat Geo HD
	677	Fox Business HD
	678	Science Ch. HD 🔬
	679	Destination America HD
	680	Hallmark Movies & Mysteries HD
	681	NHL Network HD 🏒
	682	MLB Network HD ⚾️
	684	TV One HD
	685	KTRK-DT2
	687	Nat Geo Wild HD 🦎
	703	TUDN ⚽️
	704	FXX HD

	Ch.	Station
	705	Tennis Ch. HD 🎾
	706	CBS Sports Network HD
	707	Big Ten HD
	708	Outdoor Ch. HD 🏕️
	709	Sportsman Ch. HD 🦌
	710	AT&T SportsNet Southwest Plus HD
	712	QVC2 HD
	713	Investigation Discovery HD
	714	NFL RedZone HD 🏈
	715	SEC Network HD
	716	ESPNews HD
	717	WE tv HD
	718	Oxygen HD 🧑🏻
	719	QVC3 HD
	722	CMT HD 🚚
	724	Game Show Network HD
	725	ESPNU HD
	730	BBC America HD 🇬🇧
	740	Universal Kids HD
	741	Disney XD HD
	742	Discovery Family HD
	769	Turner Classics HD
	772	UPtv HD
	799	IFC HD
	801	Hit List
	802	Max
	803	Dance/EDM
	804	Indie
	805	Hip-Hop and R&B
	806	Rap
	807	Hip-Hop Classics
	808	Throwback Jams
	809	R&B Classics

Ad Group C  
6" x 0.85"  
Your ad goes HERE

Ch.	Station
810	R&B Soul
811	Gospel
812	Reggae 🇯🇲
813	Rock
814	Metal
815	Alternative
816	Adult Alternative
817	Rock Hits
818	Classic Rock
819	Soft Rock
820	Love Songs
821	Pop Hits
822	Party Favorites
823	Teen Beats
824	Kids Only!
825	Toddler Tunes
826	Y2K
827	'90s
828	'80s
829	'70's
830	Solid Gold Oldies
831	Pop & Country
832	Today's Country
833	Country Hits
834	Classic Country
835	Contemporary Christian
836	Pop Latino
837	Musica Urbana
838	Mexicana
839	Tropicales Gebien
840	Romances
841	Sounds of the Seasons
842	Stage & Screen

[HD Begins]



Ch.	Station
843	Soundscapes
844	Smooth Jazz
845	Jazz 🎷
846	Blues
847	Singers & Swing
848	Easy Listening
849	Classical Masterpieces
850	Light Classical
1002	KPRC-DT
1008	KUHT-DT
1010	QVC HD
1011	KHOU-DT
1013	KTRK-DT
1014	KETH-DT
1015	HSN HD
1020	KTXH-DT
1021	Jewelry Television
1022	KLTJ
1026	KRIV-DT
1039	KIAH-DT
1040	HSN2
1045	KXLN-DT
1046	ShopHQ HD
1047	KTMD-DT
1048	QVC2 HD
1049	KPXB-DT
1051	KYAZ-DT
1052	Jewelry Television HD
1055	KTBU-DT
1057	KUBE-DT
1060	QVC3 HD
1061	KZJL-DT
1067	KFTH-DT

	Ch.	Station
GOVT	1070	Municipal Access
	1075	Access TV
	1080	Educational
	1081	Houston Comm. Coll.
	1098	Leased Access
	1099	SonLife Broadcasting
	1102	Weather Channel HD
	1110	Fox News HD
	1111	CNN HD
	1112	HLN HD
	1113	MSNBC HD
	1115	Newsmax TV HD
	1116	BNC Black News Ch
	1117	BBC World News HD
	1118	i24 News English HD
	1121	CNBC HD
	1122	Bloomberg TV HD
	1123	Fox Business HD
	1128	CSPAN HD
	1129	CSPAN2 HD
	1130	CSPAN3 HD
	1150	KUHT-DT2
	1151	KUHT-DT3
	1152	KUHT-DT4
	1154	KHOU-DT2
	1155	KHOU-DT3
	1158	KIAH-DT2
	1159	KIAH-DT3
	1162	KPRC-DT3
	1163	KPRC-DT2
	1166	KTMD-DT2
	1167	KTMD-DT3
	1170	KTRK-DT2


































**Ad Group A**  
2.18" x 4.36"

**Your ad goes  
HERE**


































On the living room  
coffee table, this ad  
clearly has GREAT  
potential

	Ch.	Station
	1173	KTXH-DT3
	1174	KTXH-DT4
	1175	KRIV-DT2
	1176	KTXH-DT2
	1181	KYAZ-DT3
	1182	KYAZ-DT2
	1205	ESPN HD
	1206	ESPN2 HD
	1207	NBCSN HD
	1208	Fox Sports 1 HD
	1209	Fox Sports 2 HD
	1210	ESPNews HD
	1215	NFL Network HD 
	1216	NFL RedZone HD 
	1217	NHL Network HD 
	1218	NBA TV HD 
	1219	MLB Network HD 
	1222	Olympic Ch. 
	1223	Golf Ch. HD 
	1224	Tennis Ch. HD 
	1228	Zona Futbol 
	1229	TUDN 
	1230	Fox Deportes HD
	1231	ESPN Deportes HD
	1232	Universo HD
	1236	Outdoor Ch. HD 
	1237	Sportsman Ch. HD 
	1238	Pursuit Ch. 
	1243	Motortrend HD 
	1250	Bally Sports Southwest HD Z2
	1251	AT&T SportsNet Southwest HD
	1255	AT&T SportsNet Southwest Plus HD
	1301	ESPNU HD



Ch.	Station
 1303	CBS Sports Network HD
 1313	Big Ten HD
 1321	SEC Network HD
 1322	SEC A HD
 1402	A&E HD <i>East</i>
 1403	USA Network HD
 1404	TNT HD
 1405	AMC HD
 1406	AMC+
 1409	FX HD
 1410	FXX HD
 1411	Syfy HD 🐼
 1412	Paramount Network HD
 1418	BBC America HD 🇬🇧
 1420	NewsNation
 1425	Game Show Network HD
 1426	TV Land HD
 1427	Pop HD
 1428	WE tv HD
 1429	Reelz HD
 1430	truTV HD 🧑
 1434	TBS HD
 1435	Comedy Central HD
 1436	Vice HD
 1437	Comedy.TV HD
 1438	IFC HD
 1439	Logo HD
 1440	SundanceTV HD
 1444	Investigation Discovery HD
 1445	Crime + Investigation
 1446	Justice Central HD 🧑
 1449	Discovery HD [#2 best]
 1450	TLC HD

If you accidentally change channels while watching a recording, try using your remote's "Last Channel" button to return to it.

Ch.	Station
 1451	Science Ch. HD 🐼
 1455	Lifetime HD
 1456	LMN HD
 1457	UPtv HD
 1458	Hallmark Channel HD
 1459	Hallmark Movies & Mysteries HD
 1460	Hallmark Drama
 1462	Ovation HD
 1463	Bravo HD
 1464	Oprah HD
 1465	Oxygen HD 🐼
 1466	E! HD 😎
 1471	Animal Planet HD 🌿
 1472	Nat Geo Wild HD 🌿
 1473	Nat Geo HD
 1477	Smithsonian HD [#1 fav]
 1478	History HD [#3 best]
 1479	Military History 🇺🇸
 1480	American Heroes HD 🇺🇸
 1481	NASA HD 🚀
 1483	Recipe TV HD 🧑
 1484	Food Network HD 🧑
 1485	Cooking Ch. HD 🧑
 1486	FYI Channel HD
 1487	Destination America HD
 1488	Travel Ch. HD 🛩️
 1492	HGTV HD 🏠
 1493	DIY Network HD 🛠️
 1495	Z Living HD
 1497	Discovery Life HD
 1500	Hit List
 1551	Max
 1552	Dance/EDM

Ch.	Station
1553	Indie
1554	Hip-Hop and R&B
1555	Rap
1556	Hip-Hop Classics
1557	Throwback Jams
1558	R&B Classics
1559	R&B Soul
1560	Gospel
1561	Reggae 🇯🇲
1562	Rock
1563	Metal
1564	Alternative
1565	Adult Alternative
1566	Rock Hits
1567	Classic Rock
1568	Soft Rock
1569	Love Songs
1570	Pop Hits
1571	Party Favorites
1572	Teen Beats
1573	Kids Only!
1574	Toddler Tunes
1575	Y2K
1576	'90s
1577	'80s
1578	'70's
1579	Solid Gold Oldies
1580	Pop & Country
1581	Today's Country
1582	Country Hits
1583	Classic Country
1584	Contemporary Christian
1585	Pop Latino

**Ad Group B**  
2.18" x 2.18"  
**Your ad goes  
HERE**

Ch.	Station
1586	Musica Urbana
1587	Mexicana
1588	Tropicales Gebien
1589	Romances
1590	Sounds of the Seasons
1591	Stage & Screen
1592	Soundscapes 🧘
1593	Smooth Jazz
1594	Jazz 🎷
1595	Blues
1596	Singers & Swing
1597	Easy Listening
1598	Classical Masterpieces
1599	Light Classical
1606	MTV HD
1607	VH1 HD
1608	CMT HD 🚚
1612	MTV Live
1613	AXS TV
1614	MTV Classic
1615	Nick Music
1619	CMT Music 🚚
1620	GAC Family HD 🇺🇸
1622	Xfinity Black Experience
1623	Afro
1624	Cleo TV HD
1625	BET HD
1626	TV One HD
1627	Aspire HD
1628	BET Her HD
1629	The Africa Channel
1630	BET Soul
1633	BET Jams
















































Ch.	Station
1637	Revolt HD
1639	MTV2 HD
1655	INSP HD
1656	Cowboy Channel 🤠
1664	Positiv TV
1668	Eternal Word HD
1682	Impact Network
1684	JBS HD ✡️
1685	Jewish Life TV ✡️
1701	Disney Junior HD
1702	Nick Jr HD 🐣
1707	Universal Kids HD
1709	BabyFirst TV 🍼
1714	Discovery Family HD
1715	Disney Channel HD
1716	Disney XD HD
1721	Primo TV
1722	Kids Street
1727	Nicktoons HD
1728	Nickelodeon HD
1729	Nick Too HD <i>East</i>
1734	Cartoon Network HD
1735	Boomerang
1740	Teen Nick HD
1742	Freeform HD
1755	Turner Classics HD
1766	FXM HD
1771	Flix HD
1773	Starz Encore HD
1775	Starz Encore Action
1777	Starz Encore Black
1784	Starz Encore Westerns SD
1786	ScreenPix HD

**Benefits of high definition (HD) over standard definition (SD) include:**

1. Better screen resolution, which translates to better image quality,
2. Larger, undistorted pictures (no empty black areas to the sides of the picture),
3. Better sound quality!

Ch.	Station
1787	ScreenPix Action HD
1788	ScreenPix Voices HD
1789	ScreenPix Westerns
1802	HBO HD
1803	HBO <i>West</i>
1804	HBO2 HD
1806	HBO Signature HD
1808	HBO Family
1810	HBO Comedy
1812	HBO Zone
1814	HBO Latino HD
1816	AMC+
1817	Hitz
1818	Hitz 2
1819	Hitz 3
1820	Cinemax HD
1821	Cinemax <i>West</i>
1822	MoreMAX
1824	ActionMAX
1826	ThrillerMAX
1840	Showtime HD
1842	Showtime 2
1844	SHO x BET
1846	Showtime Showcase
1848	Showtime Extreme
1850	Showtime Women
1852	Showtime FamilyZone
1854	Showtime Next
1860	The Movie Channel
1862	The Movie Channel Extra
1868	Starz HD
1871	Epix HD
1873	Epix 2 HD

	Ch.	Station
	1874	Epix Hits
	1875	Epix Drive-in HD
	1880	Hitz
	1881	Hitz 2
	1884	Xfinity Parental Controls
	1895	Xfinity Parental Controls
	1898	Hitz 2
	1899	Hitz
	3001	MLB Extra Innings <i>Teams-</i>
	3030	MLB Extra Innings <i>Teams</i>
	3034	NBA League Pass <i>Teams-</i>
	3063	NBA League Pass <i>Teams</i>
	3067	NHL Center Ice <i>Teams-</i>
	3098	NHL Center Ice <i>Teams</i>
	3101	Willow Cricket HD 
	3102	TV Asia HD
	3103	Zee TV HD
	3106	SET HD
	3108	ATN ABP News
	3109	NDTV 24/7
	3135	CCTV4-China Central
	3137	Phoenix Info News
	3138	CTI Zhong Tian Ch.
	3139	Phoenix Satellite TV
	3140	ETTV Super Channel
	3150	Jade San Francisco
	3180	TV Japan HD
	3185	Saigon Broadcasting
	3194	The Filipino Channel HD
	3195	GMA Pinoy TV 
	3196	GMA Life TV
	3210	SporTV
	3211	Band Internacional HD

	Ch.	Station
	3212	Record International HD
	3213	Rede Globo TV Int. HD
	3216	SIC Internacional
	3217	RTPi RadioTV Portuguesa
	3225	RTV International US
	3226	RTN-WMNB 
	3227	Russian Kino
	3228	NTV America (HTB)
	3229	Channel One Russia
	3230	Impact Network Esp.
	3232	RTR Planeta 
	3233	Rossiya 24 
	3234	CTC 
	3245	Art America
	3250	Israeli Network 
	3260	DW Deutsch+ 
	3265	TV5Monde <b>HD</b> 
	3275	Antenna TV 
	3280	Rai Italia <b>HD</b> 
	3281	Mediaset Italia 
	3285	Willow Cricket 
	3286	TV Asia
	3287	Zee TV
	3289	SET
	3290	TV Japan 
	3291	Band Internacional
	3292	Record International
	3293	Rede Globo TV Int.
	3294	TV5Monde SD 
	3295	Rai Italia SD 
	3296	The Filipino Channel <i>West</i>
	3308	UniMas HD <i>West</i>
	3311	Univision HD

	Ch.	Station
	3335	Discovery Familia HD
	3344	Canal ESNE
	3371	Discovery en Español
	3377	History Ch. Español HD
	3443	Sony Cine
	3447	ViendoMovies HD
	3491	Zona Futbol SD
	20950	Sky News HD
	21250	Cheddar News
	21550	NBC Sports Northwest HD
	24000	BTN Overflow 1 HD
	24100	BTN Overflow 2 HD
	24500	SEC Network
	24600	SEC A HD
	24700	Pac-12 Network HD
	24800	Pac-12 Arizona HD
	24900	Pac-12 Bay Area HD
	25000	Pac-12 Los Angeles HD
	25100	Pac-12 Mountain HD
	25200	Pac-12 Oregon HD
	25300	Pac-12 Washington HD
	26850	Adult Swim
	32600	BET Gospel SD
	32700	BET Hip Hop
	33050	Tastemade
	34740	MovieMax HD
	34750	5 StarMAX HD <i>East</i>
	34760	OuterMAX HD
	34770	Cinemax Spanish HD
	34800	Showtime HD
	34801	Showtime HD <i>West</i>
	35600	Starz HD
	35601	Starz HD <i>West</i>

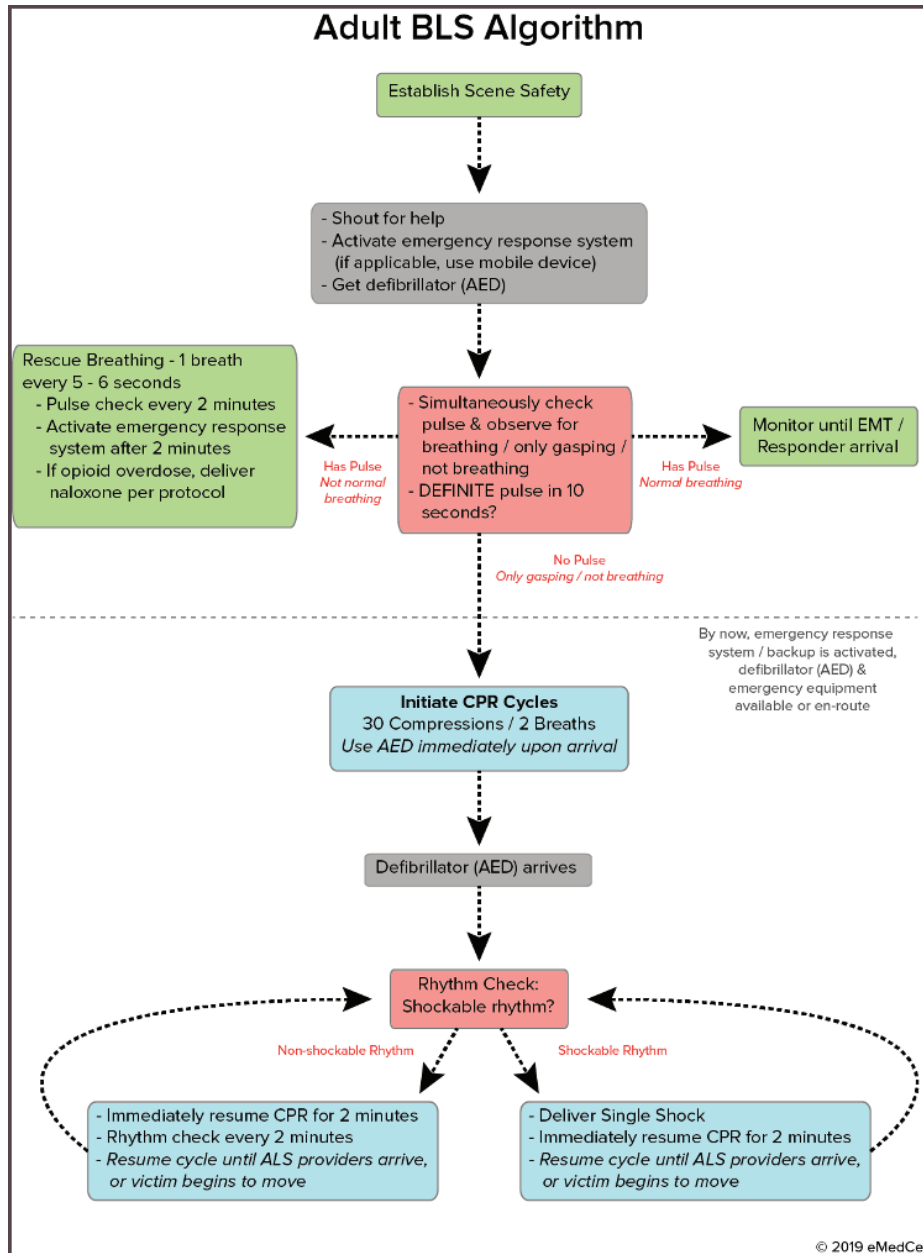
	Ch.	Station
	37305	Hot Country
	37310	Rock Alternative
	37315	Pop Adult
	37325	Remember the '80s
	37330	Today's Latin Pop
	37335	ACMAs
	37340	Urban Beats
	37345	Flashback 70's
	37350	Naturescape
	37355	Karaoke
	37360	Qello Concerts Stingray

Legend	
SD	Standard Definition
HD	High Definition
<i>Grey</i>	<i>Non-network channel</i>
	Local Channels
	Multicultural
	News & Weather
	Music & Videos
	Relaxation
	Movies & Entertain.
	Sports
	Home Shopping
	Kids, Teens & Family
	Spiritual



**WHAT TO DO IF A PERSON FALLS UNCONSCIOUS** (see BLS flowchart below):

1. Ensure you are not in danger (e.g. exposure to electricity or carbon monoxide)
2. Call for help (911 and/or for bystander)
3. Check for responsiveness verbally, and if not, to a painful stimulus. If no response, then...
4. Start chest compressions (fast and hard! >1 per second)
5. \*In suspected opioid overdoses and children, give 3 small rescue breaths before compressions. Attempt to open airway with Chin Tilt Maneuver (*bottom image*)
6. Continue CPR and ventilations at ratio of 30:2 (meaning, after thirty compressions, give two rescue breaths)
7. Reassess patient and quickly return to compressions/ventilations (#4)



**Chin tilt maneuver** to open a person's airway (helps airflow for rescue breathing):

- 1) Tilt head back
- 2) Pull chin up

