

Hygiene Precautions For The Delivery Of First Aid During Covid-19

- Ensure access to a First Aid Kit and Defibrillator (if there is one onsite).
- Wear sterile gloves (always in first aid kit) and any other PPE available when treating a casualty.
- **Advice for administering Adult CPR:**
 - Call 999.
 - If there is **no perceived risk of infection** (a known victim) carry on as per usual and use a CPR face shield if available when delivering rescue breaths.
 - If there is a **perceived risk of infection** look for signs of life only, do not listen or feel for breathing by placing your ear and cheek close to the casualty's mouth. Carry out chest-compression-only CPR and early defibrillation until the ambulance arrives.
- **Advice for administering Paediatric CPR (< 8 yrs):**
 - Call 999.
 - Carry out normal CPR protocol, starting with 5 rescue breaths, then carry on with 30/2 until the ambulance arrives. Paediatric cardiac arrest is more likely to be a respiratory problem making breaths crucial to the child's chances of survival.
 - RCUK accept that doing rescue breaths will increase the risk of transmitting the COVID-19 virus, either to the rescuer or the child. **However, the risk is small compared to the risk of taking no action as this will result in certain cardiac arrest and the death of the child.**
- After administering first aid, wash your hands thoroughly or use hand gel. Avoid touching your mouth, eyes or nose after having contact with the casualty. Dispose of all soiled dressings, including gloves and any other PPE used in a plastic bag.

USEFUL LINKS

NHS – information and advice for members of the public

<https://www.nhs.uk/conditions/coronavirus-covid-19>

Resuscitation Council UK – Statement on COVID-19 in relation to CPR

<https://www.resus.org.uk/media/statements/>

GOV.UK – Guidance for first responders in contact with symptomatic people

<https://www.gov.uk/government/publications>