

## Advice to 1st Aiders during Coronavirus outbreak

When giving someone first aid:

- Try and give advice from a distance if that's possible.

If you need to get closer than the recommended distance:

- Wear a fluid-repellent surgical mask, nitrile gloves and disposable apron. Keep a set in your personal 1<sup>st</sup> aid kit ready.
- Wear eye protection, as the eyes are also an entry point for the virus should the patient cough or sneeze close to your face. A visor or simple, wrap-round safety glasses for dust protection are fine.

When you have finished:

- Dispose of the mask, apron and gloves in a small bin bag and place in the clinical waste bin in the 1<sup>st</sup> Aid Room.
- If you do not have a 1<sup>st</sup> aid room, double bag and place in the normal refuse bin, outside.
- Here is a [guide for donning and doffing PPE](#). A notice will also be posted in the 1<sup>st</sup> aid room.
- Wash your glasses ready for re-use.
- Wash your hands.
- Collect another set of mask, gloves, and apron for your 1st aid kit. Supplies will be available in the 1<sup>st</sup> aid room.

In the event of needing to give CPR:

- Use compressions only.
- Recognise cardiac arrest by looking for the absence of signs of life and the absence of normal breathing.
- Do not listen or feel for breathing by placing your ear and cheek close to the patient's mouth.
- Place a cloth, or towel, or an item of clothing over the victim's mouth and nose. Or a surgical mask if you have a spare one to hand.
- Do not use mouth to mouth, even with a face shield.
- When using an AED it will prompt you to give 2 rescue breaths after 30 compressions – **do not**. Compressions alone will deliver some passive oxygen, just through pumping the chest.