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First Aid, CPR and Covid 19

The Resuscitation Council have provided the following advice for anyone performing CPR for persons where there are no signs of life or an absence of breathing:

- If the rescuer has access to personal protective equipment (PPE) (e.g. face mask, disposable gloves, eye protection), these should be worn.
- As it is possible that the victim may have COVID-19 **do not** listen or feel for breathing by placing your ear and cheek close to the patient's mouth.
- If you are in any doubt about confirming cardiac arrest, the default position is to **start** chest compressions until help arrives.
- Call **999** - make sure an ambulance is on its way.
- If there is a perceived risk of infection, rescuers should place a cloth or towel over the victim's mouth and nose.
- Carry out "Chest Compression Only" CPR and early defibrillation until the ambulance arrives. Put hands together in the middle of the chest and push hard and fast.
- After performing "Compression-Only" CPR, all rescuers should wash their hands thoroughly with soap and water, alcohol-based hand gel is a convenient alternative. They should also seek advice from the NHS 111 coronavirus advice service or medical adviser.



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