First Aid Guidance 2020

Guidance for First Aiders – COVID-19 Background As a result of the COVID-19 (Coronavirus) outbreak in early 2020, everyone has been advised to maintain social distancing to stop the spread of the virus from one person to another. It is understood that virus is spread mainly through droplets of saliva or mucus from the nose and mouth when someone infected with the virus coughs or sneezes.

In order to prevent the spread of the virus, people are being asked to stay (ideally) at least 2m from another person. As a First Aider, if you need to help someone, this may not be possible.

**Recommended Action**

There are some simple things you can do to help protect yourself from infection.

Remember that there should be no-one at Wellington Football Club playing who is showing symptoms of coronavirus (a new, continuous cough or a high temperature).

• Wear a pair of disposable nitrile gloves

• Wear a suitable face mask. Please refer to Health Guidance Note – RPE During COVID-19. All the types of RPE listed in the Guidance Note offer suitable protection against COVID-19 if worn correctly.

• Wear some eye protection (goggles, safety glasses or face-shield).

• If you have one, you could also wear a disposable apron, but this is not essential.

Keep your direct contact with the patient to a minimum and maintain a distance of 2m for as long as you can.

If you suspect the patient is in cardiac arrest, do not place your ear and cheek close to the patient’s mouth to check for signs of breathing. Instead, look for signs of life by observing the patient.

If you need to perform CPR, the Resuscitation Council (UK) recommends using compression-only CPR, with no rescue breaths (mouth-to-mouth).

If it is decided to use rescue breaths as well, then a resuscitation face shield should be used wherever possible. Use an AED (defibrillator) as soon as you can, THERE IS ONE IN THE HOME CHANGING ROOM DOOR WAY ON THE BALCONY.

It will not increase your chances of infection if you are wearing PPE. The Resuscitation Council advises that if the patient is a child, rescue breaths are crucial to giving the best chance of survival. This will increase the risk of infection, but the risk is small compared to not taking action.

Once you have finished helping the patient, carefully remove your mask, gloves and eye protection. Dispose of the gloves and mask immediately, and thoroughly clean your eye protection in hot, soapy water. Thoroughly wash your hands with hot soap and water or hand sanitiser if hot water and soap is not readily available and avoid touching your mouth, face or eyes until you’ve done so.

In life threatening cases make sure someone is ringing for an ambulance…..dial 999