

# First Aid during the Coronavirus (COVID-19) Outbreak

This guidance aims to ensure first aiders are confident that they can help someone injured or ill at the club during the Coronavirus (COVID-19) outbreak.

## Guidance for First Aiders

Try to assist at a safe distance from the casualty as much as you can and minimise the time you share a breathing zone. Ask the casualty to put on their face covering if they can and put one on yourself.

If they are capable, tell them to do things for you, but treating the casualty properly should be your first concern. Remember the 3P model – preserve life, prevent worsening, promote recovery.

### Preserve life: CPR

- Call 999 immediately – tell the call handler if the patient has any COVID-19 symptoms
- Ask for help. If a portable defibrillator is available, ask for it
- Before starting CPR, to minimise transmission risk, use a cloth or towel to cover the patient's mouth and nose, while still permitting breathing to restart following successful resuscitation
- Only deliver CPR by chest compressions and use a defibrillator (if available) – **don't** do rescue breaths

### Suspected COVID-19 symptoms

- Maintain social distancing
- Advise the person to return home if safe to do so and manage their symptoms in line with the relevant advice (give them a copy of the latest advice)
- If the person is unable to travel home safely, they should be isolated from others and someone from their household contacted to make safe arrangements. If this is not possible then phone 111 and follow instructions.

### Prevent worsening, promote recovery: all other injuries or illnesses

- If you suspect a serious illness or injury, call 999 immediately – tell the call handler if the patient has any COVID-19 symptoms
- If giving first aid to someone, you should use the recommended equipment listed above if it is available
- You should minimise the time you share a breathing zone with the casualty and direct them to do things for you where possible

### After delivering any first aid

- Ensure you safely discard disposable items and clean reusable ones thoroughly
- Wash your hands thoroughly with soap and water or an alcohol-based hand sanitiser as soon as possible

