



Administering First Aid during COVID-19

Should the need arise to administer First Aid/CPR during the current COVID-19 pandemic, please adhere to the following guidelines:

1. The First Aider should always use Personal Protective Equipment (PPE) to protect themselves when performing CPR. The First Aider should continue to use gloves and a full CPR/Pocket Mask (with a one-way valve).
2. If a barrier device (CPR/Pocket Mask) is not available, then Compression only CPR should be performed until a mask is available. a. If the first aider is not comfortable providing breaths to a victim, then Compression only CPR should be performed until Emergency Medical Services arrives.
3. After the resuscitation event, the First Aider should wash their hands (and arms if exposed), and change their clothing.
4. It is important to note that although COVID-19 is a new pathogen, it is not the only pathogen that a First Aider may encounter during a First Aid/CPR situation. Ensure the use of PPE wherever possible, and exercise caution when assisting anyone in need of First Aid/CPR, as every emergency situation is unique.