



OUTWARDLY MOBILE FIRST AID

BE COVID AWARE



If the rescuer has access to any form of personal protective equipment (PPE) this should be worn, improvising if necessary, with a scarf or buff for a mask, a coat for an apron and glasses or sunglasses for eye protection.

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. If you are in any doubt about confirming cardiac arrest, the default position is to start chest compressions until help arrives.



Make sure an ambulance is on its way. If COVID 19 is suspected, tell them when you call 999.

If there is a perceived risk of infection, rescuers should place a cloth/towel over the victims mouth and nose and attempt compression only CPR and early defibrillation until the ambulance (or advanced care team) arrive.



Early use of a defibrillator significantly increases the person's chances of survival and does not increase risk of infection.

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 NHS111 Coronavirus Advice Service or medical adviser.

