



May 21, 2020

GUIDANCE FOR LAY RESPONDERS

For lay responders who may need to provide care to someone suspected to have COVID-19. We recommend wearing PPE as recommended by CDC, this would be wearing respiratory protection using a respirator (e.g. N-95 mask), eye protection, disposable gloves and a disposable isolation gown if possible. Per CDC guidance facemasks are an acceptable alternative when there is shortage of N-95.

After providing care for any first aid emergency, remove and dispose of PPE per local guidelines and facility guidance. After removing PPE, perform hand hygiene.

Guidance for those responding to an Emergency with an unresponsive person with presumed or confirmed COVID-19:

1. When assessing for normal breathing, we recommend that the CPR/first aid care provider looks for breathing but not listen or feel for the victim's breathing, as this will minimize potential exposure.
2. We recommend placing a face mask or face covering over the mouth and nose of the victim. If only 1 mask is available and it is simple face mask or face covering, we recommend placing it on the victim. If you are using a N-95 mask that should be on the responder.
3. For adult victims except those due to known causes of hypoxia (drowning, overdose), compression-only CPR until emergency personnel arrive. *Note: Compression-only CPR saves lives compared to no CPR.*
4. In the case of hypoxia, which is often the case in infants and young children, drowning, and/or drug overdoses, standard CPR - compressions and rescue breaths is preferred.
 - If you are unable or unwilling to provide rescue breathing with CPR, compression-only CPR should be initiated.
5. If an AED is available, one should be applied and used consistent with manufacturer's guidelines while waiting for emergency personnel to arrive. If gloves are available, they should be worn. Use other PPE as available



Guidance for those providing care to someone who is experiencing a seizure, heart attack, stroke, who has a burn, wound, illness, difficult breathing is severely bleeding and is presumed or confirmed COVID-19:

- Care does not differ from persons without COVID-19.
- Have the sick person place a cloth face covering over their nose and mouth, and limit contact by staying back at least 6 feet, if the person's condition allows for this.
- Based on CDC guidance, we recommend wearing respiratory protection using a respirator (e.g. N-95 mask), eye protection, disposable gloves and a disposable isolation gown if possible. Per CDC guidance facemasks are acceptable if respiratory protection is not available. It is recognized that some first aiders may not have this type of equipment but will most likely be providing first aid to those in their household. If a face mask is not available, a face cover should be used.
- After providing care, remove and dispose of PPE per local guidelines and facility guidance.
- After removing PPE, perform hand hygiene.

Guidance for Cleaning & Disinfection After First Aid Care

While wearing personal protective equipment, clean and disinfect items that touched the victim. After cleaning, dispose of your personal protective equipment and perform hand hygiene.

- For Hard Surfaces:
 - Surfaces should be cleaned using a detergent or soap and water prior to disinfection.
 - For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective. Products with EPA-approved emerging viral pathogens claims are expected to be effective against COVID-19 based on data for harder to kill viruses. Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.). In their absence, products with label claims against human coronaviruses or other viruses should be used according to label instructions.



- For Soft or Porous Surfaces:
 - For surfaces such as carpeted floor, rugs, and drapes; remove visible contamination if present, and clean with appropriate cleaners indicated for use on these surfaces.
 - After cleaning, wash items as appropriate in accordance with the manufacturer's instructions. If possible, wash items using the warmest appropriate water setting and dry completely or use products with the EPA-approved emerging viral pathogens claims that are suitable for porous surfaces.

- For Clothing:
 - Do not shake dirty laundry. This will minimize the possibility of dispersing virus through the air.
 - Launder items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely.
 - If clothing cannot be immediately laundered, store in a sealed disposable bag.