

# First Aid

## Foróige guidance for First Aid Responders during Covid-19

First Aid should continue to be provided for young people, colleagues & volunteers as required, as certain illnesses or injuries, left untreated can result in more serious long term outcomes. At a minimum, the club must have a first aid kit and someone must know how to use it. First Aid responders must at all times prioritise their own personal safety, when seeking to assist someone who is ill or injured:

- Always practice good hand hygiene before and after administering First Aid.
- Check Scene Safety and ensure that only those providing treatment are within two metres of the patient at any time.
- First Aid Kits should include face mask, gloves, eye protection & apron, hand sanitizer and antibacterial wipes specifically for the first aid kit. These should be sourced locally.
- First Aid responders should make use of this PPE when treating a patient.
- Place a face mask or cloth over the patient's mouth & nose prior to starting treatment.
- If possible and safe to do so, assistance should be provided to the injured or ill person in such a way as to minimise close contact, particularly near their face.
- If possible, ask the patient to self-administer First Aid treatment under the First Aid responder's guidance e.g. plasters/ bandages/ slings etc.
- Dispose of PPE appropriately and all First Aid responders should wash their hands thoroughly with soap and water for at least 20 seconds as early as possible after providing First Aid care.

### Cardio-pulmonary Resuscitation (CPR)

- In the event of severe illness or cardiac arrest contact 999/112. If the patient is confirmed or suspected of having COVID-19, ensure that the operator is informed of this.
- Apply a cloth or face mask over the patient's mouth and nose.
- First Aid responders should attempt chest compression only (CPR) and early defibrillation (AED) if available until the ambulance arrives.
- Do not perform rescue breaths/mouth-to-mouth ventilation as part of CPR.

### Treating Patients confirmed or suspected of having COVID-19

- If the individual is showing symptoms of COVID-19 (fever/chills/cough) or has been exposed to a confirmed case, they should be treated as a suspected COVID-19 case.
- Such patients should have a surgical facemask applied if available.
- When treating a patient who may have COVID-19, wherever possible, place the person in a place away from others. If there is no physically separate room, ask others who are not involved in providing assistance to stay at least 2 metres away from the individual.
- The area where treatment was provided should be cleaned thoroughly afterward to reduce the risk of others coming in contact with the virus through surfaces touched by the injured party.
- The First Aid responder should monitor their health over the next 14 days and if any symptoms develop, should isolate in line with Government and national health guidelines.