Purpose

This guide will provide important information to assist members with the provision of first aid, responding to an emergency and operating safely during the COVID-19 Pandemic.

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1 Key safety messages

First responders who are providing emergency medical response or supporting, Police, Ambulance and emergency response activities are to prioritise their own safety.

Volunteers and staff are reminded to maintain social distancing at all times where possible, including on scene, at clubs, and LSV facilities.

The Department of Health (DH) is asking for health professionals across the sector to watch out for signs and symptoms of coronavirus (COVID-19) infection in patients.

LSV first responders should ensure regular updates are provided to LSVComms and they are advised of any suspected COVID-19 case. For further information or to seek advice in relation to patient treatment, contact LSVComms (13 SURF).
LSV first responders emergency medical response or supporting, Police, Ambulance and emergency response activities should report any signs and symptoms of COVID-19 to Ambulance Victoria as part of the patient transfer.

2 Patient guide for patrolling members and providers of first aid

- Apply social distancing – minimum recommended safe distance is 1.5m.
- Wear the following PPE for all first aid treatment – single-use face mask (see COVIDSafe Masks Advice), protective eyewear, gloves and gown as required. Members are not expected to wear PPE in the water during rescues, however, are required to don PPE as soon as practical.
- Where members are wearing a mask, you must be clean shaven.
- You must also be clear from the elbow down – i.e. no watches, rings or jewellery (except 1 flat wedding band). This is to reduce chances of PPE breaches.
- Take a patient medical history to establish any flu like symptoms, fever or respiratory symptoms.
- Be alert for patients who you suspect may have COVID-19/meet the case definition (see following section).

If you suspect the patient has COVID-19

- Ensure the patient wears a P2 or surgical mask (unless this will aggravate breathing difficulties), isolate them from others and if available place them in a single room.
- Withdraw from activities immediately and notify the Patrol Captain.
- Unless immediately required for clinical care, crews must also:
  - Minimise all non-essential patient contact
  - Minimise the use of medical equipment where possible
  - Avoid aerosol generating procedures (e.g. nebulised therapy, high flow oxygen therapy >10 litres per minute)
  - Not perform other high-risk activities that disrupt the airway (e.g. suction and intubation) unless absolutely necessary
  - Conduct procedures outside if practicable.
- Notify LSVComms (13 SURF) immediately of suspected case and follow instructions for patient and patrol members. LSVComms will contact Ambulance Victoria.
- After the encounter, remove PPE and perform hand hygiene again with alcohol-based sanitiser as a preference. Further detailed advice is found in the ‘Donning and Doffing’ videos.
- Undertake the cleaning and decontamination activities as defined in the LSV COVIDSafe Cleaning Guide.
- For further information or to seek advice in relation to a patient treatment, cleaning or decontamination please contact LSVComms (13 SURF).
3 Criteria for determining patients with suspected COVID-19

Patients who meet the clinical criterion should be suspected of having contracted COVID-19.

Clinical criteria

- Fever OR chills in the absence of an alternative diagnosis
- OR
- acute respiratory infection (e.g. cough, sore throat, shortness of breath, runny nose, loss or change in sense of smell or taste)
- OR
- new onset of other clinical symptoms consistent with COVID-19 AND who are close contacts of a confirmed case of COVID-19.

Confirmed case

- A person who tests positive to a validated SARS-CoV-2 nucleic acid test
- OR
- has the virus isolated in cell culture, with PCR confirmation using a validated method
- OR
- undergoes a seroconversion to or has a significant rise in SARS-CoV-2 neutralising or IgG antibody level (i.e. four-fold or greater rise in titre).

4 Patient transfer

Members should minimise all non-essential patient contact until arrival of Ambulance Victoria personnel. On arrival, members should continue to use the following handover protocol:

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<th>Identification</th>
<th>Name, Age and Gender</th>
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<tbody>
<tr>
<td>M</td>
<td>Mechanism of Injury/Medical Complaint</td>
<td>What happened, how and when?</td>
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<td>I</td>
<td>Illness and injury</td>
<td>Information obtained during primary and/or secondary assessment</td>
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<td>S</td>
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<td>T</td>
<td>Treatment and trends</td>
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| Allow For questions |
5 Resources

(a) Wearing of medical (P2/N95/surgical) masks

Facemask Do’s and Don’ts
For Healthcare Personnel

When putting on a facemask
Clean your hands and put on your facemask so it fully covers your mouth and nose.

☐ DO secure the elastic bands around your ears.
☐ DO secure the ties at the middle of your head and the base of your head.

When wearing a facemask, don’t do the following:

☒ DON’T wear your facemask under your nose or mouth.
☒ DON’T allow a strap to hang down. DON’T cross the straps.

☒ DON’T touch or adjust your facemask without cleaning your hands before and after.
☒ DON’T wear your facemask on your head.
☒ DON’T wear your facemask around your neck.

When removing a facemask
Clean your hands and remove your facemask touching only the straps or ties.

☐ DO leave the patient care area, then clean your hands with alcohol-based hand sanitizer or soap and water.
☐ DO remove your facemask touching ONLY the straps or ties, throw it away*, and clean your hands again.

* If implementing limited-reuse: Facemasks should be carefully folded so that the outer surface is held inward and against itself to reduce contact with the outer surface during storage. Folded facemasks can be stored between uses in a clean, sealable paper bag or breathable container.

Additional information is available about how to safely put on and remove personal protective equipment, including facemasks:

cdc.gov/coronavirus

(b) **Wearing of non-medical fabric masks**

**HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY**

**Do’s**
- Clean your hands before touching the mask
- Inspect the mask for damage or if dirty
- Adjust the mask to your face without leaving gaps on the sides
- Cover your mouth, nose, and chin
- Avoid touching the mask
- Clean your hands before removing the mask
- Pull the mask away from your face
- Store the mask in a clean plastic, resealable bag if it is not dirty or wet and you plan to re-use it
- Remove the mask by the straps when taking it out of the bag
- Wash the mask in soap or detergent, preferably with hot water, at least once a day
- Clean your hands after removing the mask

**Don’ts**
- Do not use a mask that looks damaged
- Do not wear a loose mask
- Do not wear the mask under the nose
- Do not remove the mask where there are people within 1 metre
- Do not use a mask that is difficult to breathe through
- Do not wear a dirty or wet mask
- Do not share your mask with others

*A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.*

**(c) Removing gloves**

1. Pinch and hold the outside of the glove near the wrist area.
2. Peel downwards away from the wrist, turning the glove inside-out.
3. Pull the glove away until it is removed from the hand, holding the inside-out glove with the gloved hand.
4. With your un-gloved hand, slide your fingers under the wrist of the remaining glove. **Do not touch** the outer surface of the glove.
5. Peel downwards away from the wrist, turning the glove inside-out.
6. Continue to pull the glove down and over the inside-out glove being held in your gloved hand.