Basic life support (BLS) guidance
Suspected or confirmed COVID-19 ONLY

Ensure you know the goals of care for your patient.
Wear PPE according to local facility and current NSW COVID-19 guidance.
Start BLS immediately using combined contact and droplet precautions.

<table>
<thead>
<tr>
<th>D</th>
<th>DANGERS?</th>
<th>Limit the number of BLS responders in the patient zone at all times</th>
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</table>
| R | RESPONSIVE? | IMPORTANT
Additional responders begin donning airborne PPE |
| S | SEND FOR HELP | CALL 2222 or local emergency number |
| A | OPEN AIRWAY | Apply O₂ mask.
Opening the airway is not an aerosol generating procedure (AGP)** |
| B | NORMAL BREATHING? | WARNING
Bag-valve-mask ventilation is an AGP**
Airborne precautions are required |
| C | START CPR | WARNING
Chest compression is a potential AGP**
Airborne precautions are required |
| D | ATTACH DEFIBRILLATOR (AED) | IMPORTANT
This is NOT an AGP**. Do not delay.
Defibrillation can precede compressions using contact and droplet precautions |

** AEROSOL GENERATING PROCEDURES (AGP) MUST NOT BE PERFORMED UNTIL ALL RESPONDERS WITHIN THE PATIENT ZONE ARE WEARING PPE FOR AIRBORNE PRECAUTIONS.
Avoid exposure to potentially infectious aerosol

- Limit the number of BLS responders in the patient zone at all times.
- If not in a single room, consider moving the patient, if practical.
- Evacuate the area of other patients, visitors and non-responding staff, if possible.
- Signs of life, including breathing, can be determined visually from a distance.

Personal protective equipment (PPE)

- A responder using combined contact and droplet precautions should commence resuscitation immediately.
- All BLS interventions that are not AGP should be performed without delay.
- Do not delay early defibrillation of shockable rhythms.
- Responders that arrive and are not wearing PPE, should use contact, droplet and airborne precautions (P2/N95 mask) so that all resuscitation interventions can proceed as soon as possible.
- AGPs that occur commonly during resuscitation are listed below.

Oxygen therapy and masks during BLS

- O₂ therapy using a mask is not an AGP and may provide benefit.
- A Hudson mask (6L/min) or non-rebreather mask (10L/min) are both suitable and can be applied over the top of a surgical mask.

Known or potential AGPs

- High flow O₂ therapy nebuliser therapy
- Manual ventilation using a bag-valve-mask (BVM)
- Open airway suctioning
- Chest compressions
- Intubation
Adult basic life support (BLS) guidance – Suspected or confirmed COVID-19 ONLY

Document information

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