

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.

D	DANGERS?	Limit the number of BLS responders in the patient zone at all times
R	RESPONSIVE?	IMPORTANT Additional responders begin donning airborne PPE
S	SEND FOR HELP	CALL 2222 or local emergency number
A	OPEN AIRWAY	Apply oxygen (O ₂) 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.**

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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.

Oxygen therapy and masks during BLS

- Oxygen 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. Covering with a surgical mask over these may provide additional protection against droplet and/or spray contamination.

Personal protective equipment (PPE)

- A responder using combined contact and droplet precautions should commence resuscitation immediately.
- All BLS interventions that are not AGPs 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.

Known or potential AGPs

- High flow oxygen nebuliser therapy
- Manual ventilation using a bag-valve-mask
- Open airway suctioning
- Chest compressions
- Intubation

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