FIRST AID OFFICER
COVID-19 INFECTION CONTROL STRATEGIES

THE 5 MUSTS
✓ Wash your hands before and after administering treatment:
  - Use soap and warm water or, if not available, a hand sanitising solution.
✓ Put on gloves to treat any injury or illness (use nitrile if you are allergic to latex) and always remove gloves correctly.
✓ Avoid touching your face, eyes, and nose to decrease your chance of catching a respiratory illness.
✓ Dispose of used and contaminated first-aid supplies and PPE in a sealable bag; put into a waste bin.
✓ Contact Property if you think a disinfection clean is required anywhere.

PRACTICE SOCIAL DISTANCING
• Stay 1.5 metres away when taking information or recording an event.
• Have the patient assist with their own treatment by holding an ice pack or dressing pad in place.
• Social distance when monitoring the patient and waiting for assistance – Security, ambulance, next of kin.

FLU LIKE SYMPTOMS
Ask all patients if they have a fever, cough, runny nose, or shortness of breath.

If so - have them wash or sanitise their hands and wear a surgical face mask before you treat them. If a mask is not available, ask them to cover their nose and mouth with a tissue, cloth, or with their flexed elbow (if able). You may also choose to wear a surgical mask when you feel there is a risk of larger droplet or body fluid splashes encountering your face – eye protection is also useful in that context.

• Remove the patient to another room to isolate them (if they can be moved safely).
• If isolation is not possible, get help to create an exclusion area to keep others 2 metres away.
  Note: so as not to create undue stress, cite privacy and respect not coronavirus as the reason for isolation.
• Advise the person to seek immediate medical advice for their respiratory symptoms.
• If CPR is required start cardiac compressions but only administer mouth to mouth resuscitation if you are comfortable with doing so and only if you have a resuscitation mask with a one-way valve.

NSW Health currently recommends that anyone with respiratory symptoms or unexplained fever should be tested for COVID-19.

CORONAVIRUS HEALTH INFORMATION LINE 1800 020 080
MQ Health general practice
* Level 3, suite 305, 2 Technology Place 9812 – 3944
* Shop 2, 1 Trafalgar Place Marsfield 9812 – 2997
Security for emergency assistance: 9850 – 9999
Property customer service for post incident cleaning advice: 9850 – 7145
Health and safety team: whs@mq.edu.au