

Guidance on first aid during the COVID-19

In view of the pandemic of the Coronavirus Disease 2019 (COVID-19), Global First Aid Reference Centre(GFARC) of International Federation of Red Cross and Red Crescent Societies(IFRC) has issued an update of first aid guidelines to all National Societies on 24 March 2020 as below:

1 Prevention



Wear
surgical
mask



Wash your hands thoroughly with soap and water, or hand sanitizer before and after touching the casualty and performing all kind of first aid procedures.

2 Unconscious Victims



- Call 999 for emergency medical service

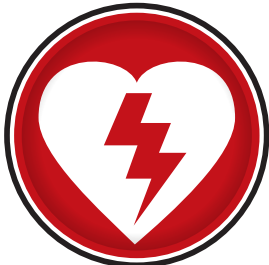


- Open airway : Slightly tilt the victim's head to open and clear his airway.
- Check breathing : Observe the victim's chest movements, avoid approaching your face to the mouth of the victim.

3 Cardiopulmonary Resuscitation (CPR)



- **NO** artificial ventilation
- Compression **ONLY** CPR
- Continuous chest compression in rate of 100-120 times per minute



- Perform Automated External Defibrillation (AED) **ASAP**