



## FIRST AID TECHNICAL BULLETIN 2020-03

April 13, 2020

TO: All NSC First Aid Instructors

FROM: Robb S. Rehberg, PhD, ATC, NREMT  
Subject Matter Expert, First Aid

A handwritten signature in black ink, appearing to read "RSR".

RE: COVID-19 INTERIM CPR GUIDELINES

---

The American Heart Association recently released interim guidelines for rescuers responding to victims of cardiac arrest with suspected or confirmed cases of COVID-19. As a result of these interim guidelines, all NSC instructors are advised to share the following information to current and past course participants regarding response to cardiac arrest in victims *with suspected or confirmed cases of COVID-19*:

### Lay Rescuers

#### Adults:

- Wear personal protective equipment (PPE) if available.
- At a minimum, perform compression-only/hands-only CPR (continuous compressions, no breaths).
- Rescuers and/or victims should wear a face mask or cloth that covers the nose and mouth while compressions are performed, as this may help reduce the risk of transmission.
- AEDs should still be used whenever available.

#### Children:

- Wear personal protective equipment (PPE) if available.
- Perform chest compressions and consider rescue breaths, if willing and able.
- If unwilling or unable to perform rescue breaths, rescuers and/or victims should wear a face mask or cloth that covers the nose and mouth while compressions are performed, as this may help reduce the risk of transmission.
- AEDs should still be used whenever available.

### **Health Care and Professional Rescuers (Out-of-Hospital)**

- Ensure PPE is used at all times.
- Limit the number of personnel in the room during the resuscitative effort.
- When using a bag-mask, attach a HEPA filter before ventilating, if available, and ensure a tight seal.
- Consider using mechanical CPR devices for qualifying patients when available and if trained.
- Adults: Give CPR in cycles of 30 compressions and 2 breaths using a bag-mask with a HEPA filter and tight seal, OR continuous compressions with passive oxygenation using a non-rebreather mask covered by a surgical mask.
- AEDs should still be used as soon as possible.

Chapters, training centers and instructors who have additional questions or concerns about teaching first aid courses with regard to COVID-19 are encouraged to contact the NSC First Aid Department at [FirstAidTech@nsc.org](mailto:FirstAidTech@nsc.org).