



## COVID-19 Modifications to Essential Life Support

NZ Resuscitation Council makes the following recommended modifications

- 1 Local Policy and Guidelines**  
It is important to always follow the latest guidance from the Government or your organisational policies and procedures.
- 2 Personal Protective Equipment (PPE)**  
If you have access to personal protective equipment (PPE) (e.g. appropriate face mask, disposable gloves, eye protection), these should be worn. Lay a piece of clothing or a towel over the person's mouth. The cloth is not PPE but may prevent some droplets/cough spray.
- 3 Check for Response**  
Check to see if the person is responding.
- 4 Call for Help**  
Call for an Ambulance. Advise operators if the person is in isolation because of possible COVID- 19. Remember, the Ambulance personnel responding will be wearing PPE.
- 5 Recognise Cardiac Arrest**  
Open the person's airway with a head tilt, chin lift. Look for the absence of normal breathing. Do not listen or feel for breathing by placing your face next to theirs. If in doubt, commence compressions.
- 6 Commence Chest Compressions**  
Push in the centre of the chest, hard and fast
- 7 Adults and Children Mouth-to-Mouth**  
In many cases the person in cardiac arrest is a loved one or known to you. In that situation you may be willing to do mouth-to-mouth. This gives the best chance of survival, particularly for children. Without treatment, people in cardiac arrest will die.
- 8 Defibrillators**  
Get a defibrillator as quickly as possible. Follow the instructions to defibrillate shockable rhythms rapidly. The early restoration of circulation may prevent the need for airway and ventilatory support.
- 9 Hygiene**  
After performing resuscitation, everyone should remove any PPE carefully. It is essential to wash hands thoroughly with soap and water or use alcohol-based hand gel as a convenient alternative.