



# FIRST AID OFFICER

## COVID-19 INFECTION CONTROL STRATEGIES

First aiders, including Security, must take extra care to avoid catching or transmitting any virus when applying first-aid, or handling blood or other body products.

- Ensure your own health first.
- Stay away from campus if you are feeling unwell.
- COVIDSafe: Please [download the app](#) to your mobile phone and keep it open



### 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 & 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](mailto:whs@mq.edu.au)

