



## 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)**  
Currently the risk of getting COVID-19 in the community is generally low, and is reduced if the rescuer is fully vaccinated and wears a mask. If you have PPE (e.g. face mask, eye protection, disposable gloves), these should be worn. Laying a piece of clothing or a towel over the person's mouth may help 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 the operator if the person is isolating because of COVID-19. The Emergency Service 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. Avoid placing your face next to theirs. If in doubt, commence chest 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 these, and other situations, 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 breathing 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.