



First Aid & CPR In The Age Of Covid-19

A Program Supporting Safety Education For Ugandans Of All Ages

CPR Tips In The Age of Covid-19

How to give CPR during the coronavirus pandemic

Unconscious & not breathing properly? Do the following:

In Action

- Stay calm and take control of the situation
- Have someone dial for help - 999 or 112
- If there is a risk of infection, don't put your face close to theirs. Instead, use a towel, piece of cloth or thin plastic and cover their mouth and nose
- Give chest compressions until an ambulance arrives
- Immediately after emergency workers leave, wash your hands with soap and water and use an alcohol based hand gel to clean them

In Training:

- All training(s) should be taught with social distancing in mind (which is why our group is small today)
- Wash and sanitize your hands regularly
- Everyone must wear a face covering(s)
- Keep rooms well ventilated and limit class size (which is why we are outside)

Coping With Stress:

Stress is natural, as is anxiety, grief, and worry. Here are a couple of ways you can help yourself & others manage stress.

- Take breaks from watching, reading, or listening to news stories, including those on social media. Take care of your body.
 - Breathe deeply, stretch, and exercise regularly
 - Eat healthy, well-balanced meals
 - Get plenty of sleep
 - Avoid excessive alcohol, tobacco & substances
 - Continue with regular preventive health measures recommended by your Doctor
 - Get vaccinated when the vaccine is available
- Make time to unwind
- Connect with others, especially faith-based organizations

ONLINE VIDEO RESOURCES ON YOUTUBE.COM

• CPR Tips:

- <https://www.youtube.com/watch?v=y-f1GcDPOul>
- https://www.youtube.com/watch?v=_3gWPXMH37c
- https://www.youtube.com/watch?v=_3gWPXMH37c&t=78s
- <https://www.youtube.com/watch?v=8CL4n7YK4C4>

• First Aid Tips:

- <https://www.youtube.com/watch?v=xwWIWGRStLg>
- <https://www.youtube.com/watch?v=IS1fJ4sAOJ4>
- <https://www.youtube.com/watch?v=b08f0z6S62o>
- https://www.youtube.com/watch?v=7pbrHWEzq_o

First Aid In The Age of Covid-19

Cleaning and Disinfection Guidance

While wearing Personal Protective Equipment (PPE):

- Disinfect everything that touched the victim
- Dispose of PPE and wash/clean hands
- Clean all surfaces using a detergent or soap

For Cleaning Hard Surfaces:

- Use diluted household bleach or alcohol solutions
- Use recognized household disinfectants
- Note: many approved products are emerging to kill viral pathogens and they are expected to be effective against COVID-19 based
- Follow all product instructions

For Soft or Porous Surfaces

- For carpeted floor, rugs, and drapes; remove visible contamination if present
- Clean with appropriate cleaners designed for use on these surfaces.
- After cleaning, wash items in accordance with instructions, using the warmest water possible. Dry completely.

For Clothing:

- Do not shake dirty laundry – it disperses the virus
- Launder items as suggested by the manufacturer
- Use the warmest water possible, then dry
- Note: If clothing cannot be immediately laundered, store in a sealed disposable bag.

Approved Disinfectants Include:

- Diluted household bleach: 5 tablespoons bleach per gallon of water, or 4 teaspoons per quart of water
- Make ventilation is proper and that the bleach is not expired.
- Alcohol solutions solution at least 70% alcohol.

TODAY'S SCHEDULE OF EVENTS

8:15 - 8:45 - Registration & Coffee

8:45 - 9:00 – Opening Remarks - Mr. Kimbowa

9:00 - 10:10 – Class 1: First Aid & Covid-19 – SOP's

10:10 - 10:30 – Break

10:30 - 11:45 – Class 2: First Aid: Bandages/Burns

Noon - 1:15 PM - Lunch

1:30 - 3:15 PM – CPR demonstration

3:15 - 3:30 – Wrap Up Session

