

Cardiopulmonary Resuscitation (CPR) by the General Public in View of the Spread of Novel Coronavirus (COVID-19) Infection (Guidelines)

1. Basic policies

- Even if limited to chest compression, CPR may generate aerosol (suspension of fine particles containing virus or the like in air). For this reason, in the situation where the COVID-19 infections are spreading, all persons with cardiac arrest should be treated as though infected with COVID-19.
 - To treat adults with cardiac arrest, chest compression and electric shock by AED should be performed without performing artificial respiration.
 - To treat children with cardiac arrest, if the rescuer has been trained, has skills, and is willing to perform artificial respiration, artificial respiration should also be performed.
- * Cardiac arrests in children are often caused by breathing difficulties such as choking or drowning, so the need of artificial respiration is relatively high.

2. Modifications to specific CPR steps

When providing the "basic life support" under the "CPR Guidelines 2015 (for general public)" to persons who may be infected with COVID-19, the following modifications apply:

- "2) Check if the person responds" and "4) Observe if the person is breathing"

When checking or observing, keep distance between the faces of the person to be treated and the rescuer.

- "5) Perform chest compression"

To prevent aerosol dispersion, add the following action before starting chest compression: the rescuer uses a handkerchief or towel, if any, to cover the nose and mouth of the person to be treated. Mask or clothes may also be used.

- "6) 30 chest compressions and 2 artificial respirations cycles":

To treat adults, even if the rescuer is trained, has skills, and is willing to perform artificial respiration, modify this step to continue chest compression only without artificial respiration.

To treat children, when the rescuer is trained, has skills, and is willing to perform artificial respiration, combine chest compression with artificial respiration. In doing so, use infection protection designed for artificial respiration is available at hand (see: "CPR Guidelines 2015 (for general public)" pp. 28-29). If the rescuer is reluctant to perform artificial respiration because of the risk of infection, continue chest compression only.

➤ After performing CPR:

After paramedics arrive and the person treated is handed over, immediately wash hands and face thoroughly with soap and running water. Any handkerchief or towel placed over the nose and mouth of the treated person should be disposed while avoiding direct physical contact.

* Unless specifically indicated above, follow the steps of regular basic life support.

See: "CPR Guidelines 2015 (for general public)", pp.18-, "V Basic Life Support".

<https://www.mhlw.go.jp/file/06-Seisakujouhou-10800000-Iseikyoku/0000123021.pdf>

* These Guidelines may be updated according to the development of new knowledge on the COVID-19 infection, the spread of infection and other related updates.

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