

COVID-19: Portuguese Basic Life Support Recommendations for Lifeguards

Adaptations for situations of suspected or confirmed cases of COVID-19:

Check for Safety



Use Personal Protective Equipment (minimum: cap, gown, face mask FFP2 / FFP3, Glasses and Gloves - placed in that order)

Check Consciousness

Open Airway

Check Breathing



Do not Look, Listen and Feel for normal breathing
Check for response, movements and assess the pulse

Call emergency Services

Give 30 chest compressions

Give 2 rescue breaths



Do not ventilate with exhaled air or with a Resuscitation Mask!

Choose:

1. Only compressions (putting face mask or resuscitation mask on the victim, to prevent aerosol spread);
2. With 2 providers, use a manual insufflator, where one seals the mask and the other squeezes the insufflator. Use HEPA filter on the manual insufflator;
3. O2 at LOW flow, with nasal cannula and face mask on top OR simple face mask well sealed (prevent aerosol spread).

As soon as AED arrives



Switch it on and follow instructions
Remove O2 during analysis and shock.



Source:

- Portuguese Resuscitation Council (Cardiopulmonary Resuscitation (CPR) in patients with COVID-19, <https://cpresuscitacao.pt>);
- Portuguese National Institute of Medical Emergency (Technical guidance nº 6/2020 of 23/03/2020).