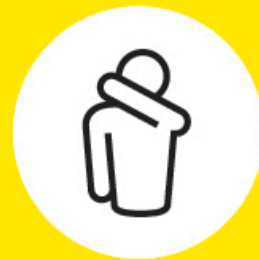


How to Prevent Coronavirus **COVID-19**



VERY IMPORTANT

Please consider the risk of COVID-19 to you and your family!

Do you have an underlying health condition? **IF YES** – then **you must step aside** from active call out duty for the duration of the COVID-19 Pandemic.

Are you living with a person that has an underlying health condition or are you caring for someone that is vulnerable? **IF YES** – then you need to ***seriously consider stepping aside*** from active call-out duty for the duration of the COVID-19 Pandemic – ***this choice is yours to make!***

THE SAFETY OF OUR CREW / VOLUNTEERS IS OUR FIRST PRIORITY

ON CALLOUT

1. If you are displaying flu like symptoms **DO NOT RESPOND!**
2. Assume there is a risk that the casualty **HAS COVID-19.**
3. Disinfect your hands.
4. Minimum crews / volunteers only.
5. Wear wet weather PPE or drysuits (*zipped up with sleeves tightened*).
6. Wear helmet (*visors down*) or safety glasses if helmets not available.
7. Wear first aid gloves ensuring any open wounds are covered.

On Arrival

- Assess from a distance if the casualty needs treatment – if no casualty care required, then the casualty should be isolated as far as reasonably practicable and you should keep a minimum distance of 1 metre, recognising it may not be practical in all circumstances.
- Care is only recommended for serious injuries or illness where the casualty is likely to deteriorate.
- The minimum number of first aiders should attend the casualty.
- Keep direct contact with the casualty to an absolute minimum.
- If casualty is coughing / spluttering you could apply a suitable facemask in order to provide a physical shield for the first aider.

If Casualty requires CPR

- During initial casualty assessment, to prevent inhalation of excreted fluids from the casualty, airway management should only be achieved by a head tilt and chin lift, avoiding fluids from the casualty's airways.
- **DO NOT** listen or feel for breathing by placing your ear and cheek close to the casualty's mouth.
- Hands only CPR – turn their head to one side & loosely cover their face with towel, triangular bandage or similar item.

Post Incident

- Thoroughly wash your hands with soap & water or alcohol based hand gel
- If you ultimately have a positive COVID-19 case on board, you should:
 - => Follow best practice and self-isolate immediately.
 - => Close the station with lifeboat taken off service for 72 hours.
 - => After which, the affected equipment areas can be cleaned by crew / volunteers who weren't on the callout, using Milton (*mix 1:1*) or a chlorine based solution.

=> Visit www.hse.ie and /or contact your GP if you are concerned about being exposed to COVID-19.

By Order, The Board of Directors / Trustees of Derrynane Inshore Rescue CLG

01-APR-20