

# Vic First Aid

## COVID-19 Coronavirus

*The Australian Government and World Health Organisation have recommended precautionary measures to minimise the spread of the novel coronavirus, including travel bans, self-isolation for those having come from overseas or showing symptoms of the virus, and the control of social gatherings & Social distancing. There is no need for alarm in the Educational setting and the current recommendation is that schools and Educational institutions continue to run. In classroom settings we will modify the way we are delivering the courses in order to keep all people safe and maintain social distancing, without compromise to quality training & assessment. **Good hygiene practice is the best way to minimise any spread of the illness.***

***Vic First Aid will instigate the following protocols & ask that all students follow these practices***

***Classes will be capped at 10 students at any one time***

- *Time will be given for handwashing on a regular basis. Trainers will provide 70% alcohol hand wipes & / or hand sanitizer. Gloves will be available to wear for practical activities.*
- *Each person will have a barrier during the CPR practical as per normal*
- *Practical activities will be modified to avoid the need to touch other people*
- *Manikins will be wiped well with 70% alcohol wipes on both the torso & the face and mouth after each student has used them & AED's, Epipens & Asthma puffers / spacers will be wiped clean between each use and cleaned well at the end of the session.*
- *Bandages will be sprayed with anti-bacterial agent & laundered at the end of the session. Bandages that may have become contaminated will be discarded.*
- *Avoid touching your eyes, nose and mouth, especially after practical activities.*
- *Cover your mouth and nose with your inner bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately & ensure you wash or clean your hands as recommended above.*
- *Reschedule your course if you are presenting with viral symptoms such as tiredness, cough, aches & pains, nasal congestion, runny nose, sore throat or difficulty breathing or if you have been in contact with anyone who has had the COVID-19 virus.*
- *If you have returned from overseas, you must be in isolation for 14 days after your arrival to Australia. Please re-schedule if you have not completed this isolation period.*