

# COVID-19 MFR Guidelines

The proper use of **Personal Protective Equipment (PPE)** can protect you, your family and your community. As a Medical First Responder, you may be exposed to some of the most at-risk members of our province. You can save lives by using PPE to help stop the spread of COVID-19.

## SCENE APPROACH



1. For all **CARDIAC ARREST** complaints use **HIGH RISK PPE**
2. If the patient or family members are **UNSURE ABOUT** or **NOT ABLE TO ANSWER** the COVID-19 Screening Questions use **HIGH RISK PPE**
3. **AT A MINIMUM** MFRs should wear **LOW RISK PPE** for all patient interactions
4. Maintain **GREATER THAN 2 METRES** from the patient before screening
5. Limit the number of people present (Ask family and bystanders to stay greater than 2 metres distance from MFRs)
6. Ask the COVID-19 Screening Questions

## COVID-19 SCREENING QUESTIONS

1. Does the patient have a **NEW** or **WORSTENING** cough?  
**If YES, use HIGH RISK PPE.**
2. Does the patient have **TWO (2) OR MORE** of the following symptoms:
  - Sore throat
  - Runny nose
  - Headache
  - Shortness of breath**If YES, use HIGH RISK PPE.**
3. Has the patient been in close contact with a **KNOWN** or **SUSPECTED** COVID-19 case in the last 14 days?  
**If YES, use HIGH RISK PPE.**
4. Does the patient live in a **DECLARED COMMUNITY CLUSTER** area?  
**If YES, use HIGH RISK PPE.**
5. Has the patient traveled or been in contact with someone who has **TRAVELED OUTSIDE NOVA SCOTIA** or **PEI** in the last 14 days?  
**If YES, use HIGH RISK PPE.**

**If NO to ALL questions, use LOW RISK PPE.**

### LOW RISK PPE

- Surgical mask for the patient
- Surgical mask for the MFR
- Goggles and gloves for the MFR
- For severe/wet respiratory symptoms or excessive body fluids add a gown

### HIGH RISK PPE

- Surgical mask for the patient
- N95 for the MFR
- Goggles, gloves & gown for the MFR

## COVID-19 TREATMENT GUIDELINES

1. Once you don **HIGH RISK PPE**, (for example when the complaint is CARDIAC ARREST but you enter the residence and the patient is not in cardiac arrest) you should KEEP IT ON for the remainder of the call.
2. If any patient is UNABLE/UNWILLING to wear a surgical mask, upgrade to **HIGH RISK PPE**.
3. For CARDIAC ARRESTS, MFRs should perform **COMPRESSIONS ONLY CPR** until paramedics arrive.
4. You can use LOW FLOW O2 when appropriate for all patients. Max flow rates:
  - Nasal – 5 Lpm
  - Mask – 15 Lpm
5. When administering O2, the patient should STILL WEAR A SURGICAL MASK. Surgical masks can be placed on a patients face over a nasal cannula or a non-rebreather mask.

## COVID-19 INFORMATION & RESOURCES



### MFR COVID-19 GUIDELINES

Guidelines will be updated as we receive new information and direction from Public Health. Scan above with your phones camera to access the latest COVID-19 MFR TREATMENT GUIDELINES.

You can also email [mfrservices@emci.ca](mailto:mfrservices@emci.ca) for an up to date version.



### BOOK COVID-19 TEST

If you have mild symptoms or no symptoms, but would like to get tested for any reason, scan above with your phones camera to DO A SELF-ASSESSMENT and BOOK A COVID-19 TEST ONLINE.

You can also call 811 and speak to a nurse if you are not able to complete the self-assessment online.



### POSSIBLE EXPOSURE

If you believe you may have been exposed to COVID-19 and WERE NOT WEARING CORRECT PPE you should SELF ISOLATE and GET TESTED. Scan above with your phone camera to view the latest SELF-ISOLATION GUIDELINES.

You can also call 811 for assistance.