

## Coronavirus (COVID-19) – Information for First Aiders

Imperial College London is following Public Health England (PHE) guidance in response to the COVID 19 outbreak originating from Wuhan, Hubei Province, China. On 30 January 2020, the World Health Organisation declared a public health emergency of international concern, and the risk to the UK public has risen from low to moderate. However, the Government has said that the risk to individuals in the UK has not changed and is continuing to advise precautionary measures to prevent the spread of infection. This is an evolving situation, please refer to College and Public Health England web pages as the advice continues to change:

- <https://www.imperial.ac.uk/alerts/>
- <https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public>

Viral respiratory infections such as colds and influenza are very common in the UK at this time of year, if staff or students develop viral symptoms they should manage these as they usually would. The recommended steps people should take to protect themselves are the same as those to avoid flu and any other similar respiratory infections. You should maintain good hand, respiratory and personal hygiene, and:

- wash your hands often with warm water and soap, hand sanitisers can be used if hand wash facilities are not conveniently located e.g. at the entrances to buildings
- use tissues to trap germs when you cough or sneeze
- bin used tissues as quickly as possible

As a First Aider you may be asked for assistance by a colleague or student, the following practical guidance prepared from PHE resources should help you.

If a person who has any flu like symptoms such as cough or fever or shortness of breath **and** has travelled to the UK from one of the countries, regions or cities identified in the PHE information for the public <https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public> you should take immediate steps to try to locate them in a room on their own. You should avoid close or physical contact with them and advise them to:

- Stay indoors and avoid contact with other people as they would with the seasonal flu- they should not travel by public or private transport.
- If the person has access to a smart phone signpost to the NHS 111 online screening tool <https://111.nhs.uk/service/covid-19>
- If there is no access to the internet call NHS 111 to inform them of their recent travel history and to follow the telephone screening procedure.
- Ensure they have tissues to cover their mouth and nose if coughing and sneezing.

Advise them that you need to request support from College Security (ext. 4444, 02075891000) in order to make appropriate arrangements to follow PHE advice. They may be required to self-isolate until the test is carried out and thereafter while awaiting results. If they are concerned about this explain that this measure is to assist them and to limit the impact on others as far as possible. They may express concerns about family or work - in which case seek to reassure them that they will be supported. Be mindful that the College has no authority to retain individuals.

Please follow this advice even if the symptoms seem minor. They must **avoid** visiting a health-care setting (for example NHS health centre, walk in centre or hospital) before calling 111.

The NHS will give the person instructions on what the next steps will be and they are likely to require assistance from the College.

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Meanwhile you should

- Wash your hands thoroughly with soap and water for at least 20 seconds, especially if you come in contact with the patient or with any items handled by the person. Use alcohol hand gel if hand wash facilities are not located nearby.
- Limit contact with the person as much as possible, avoid touching them, their immediate environment and any waste.

Please be discrete and as far as possible treat this as a normal first aid encounter. The vast majority of people who have required a test have had a negative result, we would like the unwell person to feel safe and we would also like to avoid unnecessary levels of concern.

Please contact your line manager and [coronavirus-guidance@imperial.ac.uk](mailto:coronavirus-guidance@imperial.ac.uk) for support.

Thank you for your ongoing support to the College community.

Claire O Brien  
Director of Occupational Health