

# BASIC LIFE SUPPORT IN THE COMMUNITY DURING COVID-19



NATIONAL  
**COVID-19**  
CLINICAL  
**EVIDENCE**  
TASKFORCE

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This guidance is for use by bystanders, first aiders or first aid providers.  
It was developed in collaboration with the Australian Resuscitation Council.

## STANDARD RESUSCITATION GUIDELINES

## COVID-19 CONSIDERATIONS

**D**

**Dangers?**

- **Early CPR commencement** is associated with better survival
- The risk of acquiring COVID-19 is lowered if the rescuer is **fully vaccinated** and wears a **mask**

**R**

**Responsive?**

**S**

**Send for help**  
Call 000

**A**

**Open Airway**

**B**

**Normal Breathing?**

**C**

**Start CPR**  
30 compressions : 2 breaths

**Give rescue breaths** (if rescuer is willing and able)

- Rescue breaths are associated with better survival in certain populations, including:
  - **all children**
  - **an adult drowning**
- Use a **bag valve mask** if available and rescuer is trained in its use

**D**

**Attach Defibrillator (AED)**  
as soon as available, follow prompts

**Continue CPR until responsiveness or normal breathing returns**

**Wash hands thoroughly and clean equipment after use**