



SCHOOL OF ALLIED HEALTH SCIENCES

(An ISO 21001:2018 Certified Institution by QCI, NABCB approved TUV-SUD)

VINAYAKA MISSION'S RESEARCH FOUNDATION

(Deemed to be University under section 3 of the UGC Act 1956), Salem



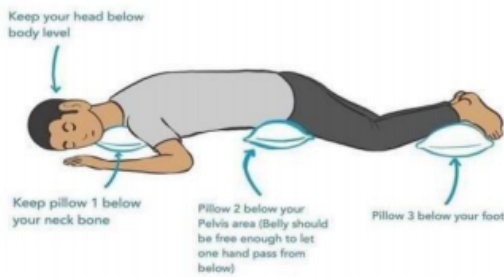
An Initiative by Institutional Social Responsibility cell

FIRST AID DURING COVID 19

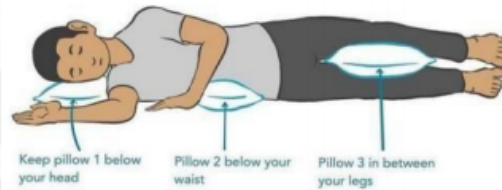
SYMPTOMS DURING COVID 19:

1. Checking vitals: On a regular interval keep tracking the SPO2, Pulse and temperature.
 Temperature: persistent temperature of 102 degrees and above consult doctor immediately
 Oxygen- (normal - 95, below 90 consult a doctor immediately)
 Blood Pressure & Blood Sugar levels for diabetic patients should be checked regularly.
2. Proning is an effective way to increase oxygen level

Position 1: Laying on your belly
Duration : 30 mins



Position 2: Laying on your right side
Duration : 30 mins



Position 2: Sitting up
Duration : 30 mins



Keep switching between these 3 positions every 30 mins. Make yourself as comfortable as possible.

Keep room well ventilated and try breathing as much fresh air as possible



5. Videos for Proning

English: <https://www.youtube.com/watch?v=3kv-42xU8GA>

Tamil : <https://youtu.be/2albXu6oeNY>

GENERAL INSTRUCTIONS

1. General medication: Vitamin C and Multivitamin (A-Z multivitamin tablets)
2. Yoga and Exercise: Lung exercise is a must,
3. Steaming inhalation and saltwater gargling should be done every 2hrs. Betadine gargles in case of sore throat.
4. Good hydration and avoid exertion. Avoid spicy & oil food and consume bland nutritious food.
5. Have a relaxed mindset and avoid stress.
6. Changes to CPR in Covid: Cardiopulmonary resuscitation otherwise known as CPR is part of a virtually every first aid course. If someone goes unconscious or stops breathing properly goes into what we call cardiac arrest than CPR is the vital part of the routine that is required for the person to survive.

7. Checking for breathing

One way to check for breathing is if we put our hand on the person's abdomen, just underneath where the ribs finish what we will see is a big muscle called diaphragm moves up and down during breathing this area will rise and fall as we have rested our hands on their gently it should rise and fall with their breaths.

Pumping up and down on the person's chest this could air movement through the person's airway and mouth and nose. This could lead to a risk of those droplets coming out, so the face shield is recommended to use. Open up the clothing and look for the center of the chest and use the heel of your palm and put pressure on it and that sits in the center of the chest, and it is roughly on a line between the armpits where it crosses the breastbone. Put the other hand on top and use your fingers of both the hands so that it will not slip and then put more compression in to do the first aid.

Video for changes to CPR : <https://youtu.be/f4ZI1PAsmks>

8. Separate yourself from other people in the home and limit contact with pets
9. It is recommended that First Aiders wear a Double mask, with cloth and surgical masks, eye protection, and gloves.
10. Follow good hygiene practices.