

# COVID-19 Guidelines

(As of March 19, 2020)

*A joint fire service briefing collaboration of The NH Association of Fire Chiefs,  
The NH State Firefighters Association, and The Professional Fire Fighters of NH.*

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- [Interim Guidance for Emergency Medical Services \(EMS\) Systems for COVID-19 in the United States](#) – IAFF
- [Self-Screening Guidelines](#) – IAFF
- [COVID-19 Emergency Protocol](#) - NH Department of Safety, Division of FST & EMS

## Protection:

- The CDC recommends N-95 or P100 with eye protection
  - N-95 and higher levels of respiratory protection require fit testing
  - Eye protection should be face shield or goggles
  - Surgical masks with plastic eye lenses are **inappropriate** PPE
- If possible and tolerated, place a surgical mask on patients to minimize exposure
- Use a clean, non-sterile, long-sleeved, fluid-resistant gown
- Gloves
- Use either single-use, disposable equipment or dedicated equipment to decontaminate. If equipment needs to be shared among patients, clean and disinfect between each patient using ethyl alcohol (70%) or bleach solution (ratio of ¼ cup of bleach in a gallon of water)
- Hand washing
- Minimize patient contact in poorly ventilated areas
- Disinfect the ambulance with bleach solution
  - Routinely clean and disinfect patient-contact areas

## N95 Respirators

For information and recommendations on the **extended use and limited reuse of N95 respirators only**: [Recommended Guidance for Extended Use and Limited Reuse of N95 Filtering Facepiece Respirators in Healthcare Settings](#) – NIOSH & CDC

### For more information about PPE:

[CDC Healthcare Supply of PPE](#)  
[Strategies to Optimize the Supply of N95 Masks](#)

### For more information and updates visit:

CDC- <https://www.cdc.gov/coronavirus/>

IAFF - <https://www.iaff.org/coronavirus/>

WHO - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

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The following chart is from the [Center for Disease Control and Prevention](https://www.cdc.gov/coronavirus/2019-ncov/hcp/faq.html) for guidelines on **exposure categories for Healthcare workers with prolonged close\*\* contact with a COVID-19 patient or person under investigations (PUI).**

(Higher risk if aerosol generating procedure exposure)

Risk of Exposure to Provider and Staff		
Elements of Personal Protective Equipment (PPE) Worn by Provider/Staff	Patient Wearing Surgical Mask	Patient not wearing mask or intermittently pulling off mask
<b>No PPE</b> <input type="radio"/> Respirator* <input type="radio"/> Eye Protection <input type="radio"/> Gown/Gloves	MEDIUM	HIGH
<b>No Respirator</b> <input type="radio"/> Respirator* <input checked="" type="radio"/> Eye Protection <input checked="" type="radio"/> Gown/Gloves	MEDIUM	HIGH
<b>No Eye Protection</b> <input checked="" type="radio"/> Respirator* <input type="radio"/> Eye Protection <input checked="" type="radio"/> Gown/Gloves	LOW	MEDIUM
<b>No Gown/Gloves (unless prolonged body contact)</b> <input checked="" type="radio"/> Respirator* <input checked="" type="radio"/> Eye Protection <input type="radio"/> Gown/Gloves	LOW	LOW

**If departments have members who have had an unprotected exposure, please call the State EOC ESF-4 desk at (603) 223-3718 for guidance.**

\*Respirator = N95 Airborne Mask or PAPR

\*\*CDC defines close contact for healthcare exposures as follows:

- being within approximately 6 feet of a person with COVID-19 for a prolonged period of time (such as caring for or visiting the patient; or sitting within 6 feet of the patient in a healthcare waiting area or room);
- or having unprotected direct contact with infectious secretions or excretions of the patient (e.g. being coughed on, touching used tissues with a bare hand)

Visit CDC for more information at <https://www.cdc.gov/coronavirus>