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.

- 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/
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The following chart is from the Center for Disease Control and Prevention 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)

<table>
<thead>
<tr>
<th>Elements of Personal Protective Equipment (PPE) Worn by Provider/Staff</th>
<th>Patient Wearing Surgical Mask</th>
<th>Patient not wearing mask or intermittently pulling off mask</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>No PPE</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>○ Respirator* ○ Eye Protection ○ Gown/Gloves</td>
<td>MEDIUM</td>
<td>HIGH</td>
</tr>
<tr>
<td><strong>No Respirator</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>○ Respirator* ● Eye Protection ● Gown/Gloves</td>
<td>MEDIUM</td>
<td>HIGH</td>
</tr>
<tr>
<td><strong>No Eye Protection</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>● Respirator* ○ Eye Protection ● Gown/Gloves</td>
<td>LOW</td>
<td>MEDIUM</td>
</tr>
<tr>
<td><strong>No Gown/Gloves (unless prolonged body contact)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>● Respirator* ● Eye Protection ○ Gown/Gloves</td>
<td>LOW</td>
<td>LOW</td>
</tr>
</tbody>
</table>

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:  
a) 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);  
b) 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