



American Red Cross

Scientific Advisory Council

ARC SAC Instructor Information 2019 Novel Coronavirus (COVID-19)

Instructor or Educational Program Issues/Question/Topic

The emergence of coronavirus disease 2019 (COVID-19) has raised questions among instructors and students about the delivery of American Red Cross courses. We understand this is a concerning time and people want to protect themselves; standard hygiene practices not only help prevent the spread of these novel viral illnesses, but also more common viruses, such as the flu. This document provides guidance to Red Cross instructors on how to prevent the spread of respiratory viruses during classroom activities including COVID-19. The recommendations in this document are based on information from the Centers for Disease Control and Prevention (CDC).

Related Scientific Advisory Council Documents

- Scientific Review _____
- Advisory _____
- Answer 2019 Novel Coronavirus
- Product Review _____
- Other Red Cross 2019 Novel Coronavirus Public Information and Tear Sheet

Introduction and Summary of SAC Documents and Recommendations

COVID-19 is believed to be transmitted from person-to-person via close contact with one another (within about 6 feet) and through respiratory droplets. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. To prevent the spread of such viruses, instructors should follow standard precautions.

Implications for Program Design, Modification and/or Delivery

Recommendations for prevention of illness, including COVID-19, which can be shared with students if questions arise:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- If tissues are not available, cough or sneeze into the crook of your elbow.
- Clean and disinfect frequently touched objects and surfaces with a commercial or household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
 - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
 - Facemasks should be used by people who are ill to help prevent the spread of the disease to others.
 - The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).

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ARC SAC 2019 Novel Coronavirus (COVID-19) Instructor Information

Information that can be provided to students if questions arise regarding first aid care for a patient that may have COVID-19:

First aid providers caring for people with suspected COVID-19 should follow the general preventive measures as listed above. If possible, have the sick person place a facemask over their nose and mouth, if they have not done so already, and limit contact by staying back at least 6 feet, if possible, until that person has done so. Try to limit the number of individuals in contact with the sick person. Those who provide direct care for someone who may have COVID-19 should wear respiratory protection (e.g. N-95 mask), eye protection, disposable gloves and a disposable isolation gown if possible. Following care, first aid providers should perform hand hygiene as they would normally do and discard personal protective equipment (PPE) following usual procedures.

While wearing PPE, clean and disinfect items which have touched the patient. After cleaning, dispose of PPE and perform hand hygiene.

For Surfaces

- Surfaces should be cleaned using a detergent or soap and water prior to disinfection.
- For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective.
 - Products with EPA-approved emerging viral pathogens claims are expected to be effective against COVID-19 based on data for harder to kill viruses. Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.). In their absence, products with label claims against human coronaviruses or other viruses should be used according to label instructions.
 - For soft (porous) surfaces such as carpeted floor, rugs, and drapes, remove visible contamination if present, and clean with appropriate cleaners indicated for use on these surfaces. After cleaning:
 - Launder items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting and dry completely or use products with the EPA-approved emerging viral pathogens claims that are suitable for porous surfaces.

For Clothing

- If possible, do not shake dirty laundry. This will minimize the possibility of dispersing virus through the air.
- Launder items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely.
- If clothing cannot be immediately laundered, store in a sealed disposable bag.

Providers with contact with persons known or suspected to have COVID-19 should monitor themselves for symptoms, including fever or respiratory symptoms, e.g., cough, shortness of breath, sore throat. If these symptoms occur, they should self-evaluate and immediately contact their healthcare provider.

ARC SAC 2019 Novel Coronavirus (COVID-19) Instructor Information

Guidance regarding communication to students, class conduct and manikins:

Instructors should inquire as part of pre-class communication (e.g. letters, e-mails, registration) and during class discussion for the need to speak privately with the instructor about having any medical condition or illness, and should encourage anyone having any signs of illness to stay home; instructors should provide accommodations to reschedule if needed.

As always, when teaching classes, instructors should use standard precautions and procedures as to prevent the spread of infection.

When using manikins and other training devices, follow these practices:

- Participants and instructors should wash hands between each use with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Manikins and other training devices touched by students should be cleaned between each student use with the cleaning product routinely used for this purpose according to manufacturer's directions. This may include cleaning solutions, sprays and wipes, which should be labeled as effective against viruses. CDC guidance does not recommend additional disinfection beyond routine cleaning at this time.

In addition, per CDC guidance:

- Provide disposable wipes so that commonly used surfaces can be wiped down by students and instructors before each use.

The CDC maintains up-to-date information on their website including the current status of the COVID-19 outbreak including preventive measures: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

References:

1. Coronavirus Disease 2019 (COVID-19). Center for Disease Control and Preventions (CDC). Available at: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>. Accessed March 5, 2020
2. Rabenau HF1, Kampf G, Cinatl J, Doerr HW. Efficacy of various disinfectants against SARS coronavirus. J Hosp Infect. 2005 Oct;61(2):107-11.
3. Chen N, Zhou M, Dong X, et al. Epidemiological and clinical characteristics of 99 cases of 2019 novel coronavirus pneumonia in Wuhan, China: a descriptive study. Lancet. January 2020. doi:10.1016/S0140-6736(20)30211-7.
4. <https://health.mil/News/Articles/2020/01/31/DoD-releases-guidance-to-protect-forces-from-novel-coronavirus>
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