

# Out Of Hospital Adult Basic Life Support (BLS) with Suspected COVID-19

Recognise cardiac arrest by looking for absence of signs of life and normal breathing. Don available PPE.  
Call 999 stating cardiac arrest, suspected COVID-19.  
Do not listen or feel for breathing by placing your ear/cheek close to the patient's mouth.

If in doubt start **compression-only CPR**.  
If there is a perceived risk of COVID-19 place a cloth or towel over the patient's nose/mouth.  
Do not attempt airway management.

If an automated external defibrillator (AED) is immediately available, apply and follow prompts, or if not, continue with compression-only CPR, awaiting arrival of ambulance.