



**Lincoln County Health Department**  
**Dr. Ralph Monteagudo, Health Officer**

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## **Recommendations for First Responders**

### **Lincoln County Health Department is here for you during COVID-19**

*Please follow these recommendations from the Washington State Department of Health and our Public Health Officer, Dr. Ralph Monteagudo to keep you safe and healthy during this time.*

- **Be prepared...**
  - Ensure you have enough PPE available for all crew members and they are trained to use them appropriately.
  - A PPE burn calculator can be found at <https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/burn-calculator.html>
  - If you do not have enough PPE, please contact the Lincoln County Health Department at 50-725-1001.
  
- **Know the protocols...**
  - Ask dispatch if they have asked the patient the COVID-19 screening questions.
  - If the patient has answered yes to any of the screening questions, ensure you are wearing the appropriate PPE for droplet precautions.
  - Notify the receiving hospital of the symptoms
  - Note that some hospitals have alternative drop locations in response to COVID-19
  - Disinfect all equipment immediately after transporting the patient.
  - If the patient is tested and found to be positive for COVID-19, we will notify your crew. Assuming PPE was used appropriately in caring for the patient, there should be no need for isolation or quarantine of personnel.
  
- **Know what to do if someone is showing symptoms of COVID-19...**
  - In most young healthy patients COVID-19 will present with fever and a cough. The course, although uncomfortable, will be benign and therefore not require EMS transport and hospitalization. Patients with mild symptoms may be treated at home with hydration, antipyretics and rest and only be transported to the hospital should their symptoms worsen.
  - The patients at greatest risk are older and those with co-morbid conditions. During the pandemic period, patients with fever, cough and/or shortness of breath should be assessed according to two variables:
    - 1. Vital Signs:



- a. Respirations > 30/min
        - b. Pulse Ox. < 90 %
        - c. Systolic BP < 90 mm Hg.
        - d. Pulse > 125/min.
        - e. Altered mental status
      - 2. High Risk Profile:
        - Patients with a history of fever, cough and/or shortness of breath who meet either of the following criteria should be strongly encouraged to be transported to the hospital.
          - a. Age > 60 years
          - b. Co-morbid conditions: (CV disease, diabetes, chronic respiratory illness, hypertension, current cancer)
          - If the patient chooses to stay at home, provide home health care instructions and ensure contact ability with the patient's health care provider.
- **Know your resources...**
  - **DOH coronavirus hotline** 1-800-525-0127
  - **Lincoln County Health Department** [www.co.lincoln.wa.us/public-health](http://www.co.lincoln.wa.us/public-health)
  - **Centers for Disease Control & Prevention** [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)
  - **Washington State Department of Health** [www.doh.wa.gov/coronavirus](http://www.doh.wa.gov/coronavirus)
  - **Lincoln Hospital and Clinics** [www.lincolnhospital.org](http://www.lincolnhospital.org)
  - **Odessa Memorial Healthcare Center** [www.omhc.org](http://www.omhc.org)

