



American Heart Association® | American Stroke Association®

Learn and Live®

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Training Memo:

H1N1 (Swine) Flu Update

DATE: May 5, 2009

TO: AHA Training Centers, TC Faculty and Instructors

Purpose

To minimize the risk of H1N1 transmission during AHA CPR courses

Background

The recent publicity surrounding the outbreak of H1N1 (Swine) Flu has generated questions and concerns about potential exposure during CPR training. The existing recommendations as outlined in the BLS and Heartsaver Instructor Manuals for maintaining a safe training environment are adequate for minimizing the risk of transmitting H1N1 Flu and other known pathogens. If recommended procedures are followed, the overall risk of becoming infected with H1N1 from manikins during CPR training is extremely low.

Recommendations

Follow public health advice concerning school closures and public gatherings.

Participants and instructors should postpone CPR training if they are known to be in the active stages of an infectious disease, have reason to believe they were exposed to an infectious disease, or have dermatologic lesions on their hands, mouth, or surrounding area.

The risk of transmission of infectious agents during CPR training is minimized by two important practices:

- Avoid contact with any saliva or body fluids present on the manikins.
 - Thoroughly clean each manikin with routine decontamination procedures as outlined in the BLS and Heartsaver Instructor Manuals.
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More Information

<http://www.cdc.gov/h1n1flu/>