

## **DoD Recommendations for STOP THE BLEED® Training During the COVID-19 Outbreak**

DoD previously recommended the suspension of all in-person STOP THE BLEED® training until 15 June because of the risk of spreading COVID-19. While many of the restrictions related to COVID-19 are now being relaxed, the risk of spreading the virus still exists. For those desiring to conduct STOP THE BLEED® classes or to attend one, it is recommended that they follow all CDC guidelines as well as guidance from their state and local authorities concerning public gatherings. Although there is no way to guarantee the safety of those instructing or attending in-person STOP THE BLEED® classes, the following guidance is provided to help reduce the transmission of the coronavirus:

- All tables, chairs, simulators, medical equipment, and other training materials should be disinfected before and after each class. Instructors should use a cleaning product that meets CDC and EPA guidelines as an appropriate disinfectant for SARS-CoV-2 (COVID-19), and perform cleaning in a manner that is consistent with CDC and local public health guidelines. Items that cannot be cleaned should not be used at all, or they should be discarded after a single use.
- All instructors and participants should practice good hand hygiene, including washing their hands or using alcohol-based hand sanitizer before and after each course.
- Cloth or surgical face masks should be required for all participants and instructors at all times during training. Eye protection, such as goggles or face-shields, should be used as directed by the CDC or local public health officials.
- There should be no person-to-person contact during STOP THE BLEED® training.
- Classes should be kept small. A class should have a maximum of 10 total people including instructors and participants. There should be a minimum of a 6-foot physical separation between all people that do not live in the same household, and appropriate ventilation in the classroom. Classrooms that cannot maintain this physical distancing should either be smaller, to accommodate the distancing, or should be cancelled.
- People who have any symptoms of COVID-19 should not teach or attend a STOP THE BLEED® class.
- People should consider not taking or teaching a STOP THE BLEED® class if they are part of a group that has been identified as high-risk for complications or death from COVID-19.

There are a variety of online STOP THE BLEED® education options available for anyone who cannot or prefers not to take an in-person class. In all cases, the safety of yourself and those around you should be your primary concern.