

CHILD

SELF-CARE DECONTAMINATION PROTOCOL

Training Guide: Self-Care Decontamination MADE Simple

Move → Assist → Disrobe & Decontaminate → Evaluate

Move people away from the contaminant to a safe area 100 metres upwind, using buddy system for assistance.

Assist reassure and ensure people are in pairs or teams of buddies.

Disrobe & Decontaminate: wipe off exposed hair and skin and remove outer garments as quickly as possible.

Evaluate by escorting to an area of shelter and evaluate the need for further decontamination, medical and or psychosocial supports.

Self-Care Decontamination Protocol: *WITHOUT* Self-Care Decontamination Kits

	RESPONDER: INSTRUCTIONS	CASUALTIES: ACTIONS
MOVE	<p>Responder must remain 5 metres upwind from Casualties at all times</p> <p>Stay together and move 100 metres upwind/uphill</p> <p>Do not leave the area: you are safer here where we can help you</p>	<p>Adult quickly and calmly moves with child 100m upwind/uphill</p>
ASSIST	<p>Assist each other to move away from danger</p> <p>Find a partner as a buddy. Leave no one behind</p>	<p>Adults help children to move away from danger and stay with a partner/buddy</p>
DISROBE & DECONTAMINATE	<p>Wipe exposed skin & hair and blow nose; (concentrate on airways, mouth and eyes)</p> <p>Wipe glasses and leave on if necessary</p> <p>Remove footwear and outer clothing down to underwear: children before adults</p> <p>Nothing over the head – cut or rip off clothes from the back if possible from the waist up</p> <p>Leave clothing on the ground</p> <p>Move 5 metres upwind away from discarded clothing</p> <p>Wipe down all exposed skin and each other's backs</p>	<p>Using whatever is available adults wipe off children's exposed hair, skin and nose then repeat the process on themselves</p> <p>Wipe off glasses and leave on if required</p> <p>Adults remove children's footwear and outer garments then remove their own</p> <p>If possible do not pull clothing over the head; cut garments from the back from the waist up</p> <p>Adult moves with child 5 metres upwind from discarded clothing</p> <p>Adult wipes down child then themselves and wipes buddy's back and vice versa</p>
EVALUATE	<p>Move to shelter/triage</p>	<p>Adults move with children to shelter area for further medical and decontamination evaluation</p>

Self-Care Decontamination Protocol: *WITH* Self-Care Decontamination Kits

	RESPONDER: INSTRUCTIONS	CASUALTIES: ACTIONS
MOVE	<ul style="list-style-type: none"> • Responder must remain 5 metres upwind from Casualties at all times • Stay together and move 100 metres upwind/uphill • Do not leave the area: you are safer here where we can help you 	Adult quickly and calmly moves with child 100 metres upwind/uphill
ASSIST	<ul style="list-style-type: none"> • Assist each other to move away from danger • Find a partner as a buddy to assist each other • Leave no one behind 	Adults help children to move away from danger finding a partner/buddy
DISROBE & DECONTAMINATE	<ul style="list-style-type: none"> • Do not take anything by mouth until advised by medical staff • Use Sudecon® wipes from bag exterior to wipe exposed hair and exposed skin from top down and blow nose: (concentrate on airways, mouth and eyes) child first and then adult with fresh wipe • Then wipe with water wipes • Rinse eyes if irritated using eye-wash bottle in exterior pocket of Kit. Flush out from bridge of nose towards outer face • Wipe glasses and leave on if necessary • Remove footwear & outer clothing down to underwear: children before adults. Nothing over the head – using scissors cut off clothes from behind cutting from top down • Place cell phone with display side facing outward into [cell phone] bag along with valuables, keys, medications, etc. Seal bag and do not reopen it • Seal clothing into Clear Bag #2 • Move quickly with remaining bag and [cellphone bag] 5 metres upwind away from discarded clothing • Adults need to wipe hands clean with water wipes then wipe down all exposed hair and skin of the child moving in one direction top to bottom front and back • With fresh cloth adults then clean themselves being careful not to touch the child again until wipe down is complete • With fresh cloth wipe buddy's back and they wipe your back (unless child is old enough to assist adult) • Discard wipes on ground or into Orange Bag • Re-robe child from Bag #3 and place ID bracelet on wrist, then adult does the same • Wrap child in rescue blanket and foil blanket, then wrap adult in additional foil blanket 	
EVALUATE	Move to shelter/triage taking cell phone bag and FAQ pamphlet with you	Adults move with children to shelter for further medical and decontamination evaluation

Additional Key Points

- Decontamination can be stressful. Reassure every casualty and communicate clearly with eye contact.
- Inform casualties not to leave the scene to avoid contaminating others and to have the best chance of proper and efficient decontamination.
- First Responder must remain at least 5 metres upwind away from casualties at all times.
- Use the buddy system to reassure, encourage and recognize the signs of stress and/or injury.
- Use psychosocial workers, decontamination doll and have casualties inform their family/friends they are okay and not to attend the scene.
- If kits are available to HazMat teams, provide pre- and post-shower bags and give families the option to shower together regardless of gender.
- Engage gross decontamination with utmost care: essential to request medical assessment consultation prior to proceeding.
- It is very important that once a parent/guardian starts to help their child that they only touch the child with clean hands and that the child does not touch the parent in order to not re-contaminate the child during the cleaning process.