HOW TO PROTECT YOURSELF

When you encounter people on duty

1. COVID-19 is extremely contagious
2. COVID-19 is a cause of high mortality
3. Stay alert and aware of your surroundings when on duty
4. Observe 6 feet distance between you and others
5. Always use facemask and make others to do so also
6. Cough or sneeze in a flexed elbow
7. Avoid a handshake
8. Use a 60% alcohol-based hand sanitizer
9. Do not touch people and surfaces with bare hands
10. Spray disinfectant, on each individual who enters into your premises

Hand washing best practices

Get the concepts right

Exposure is coming in contact with an infectious substance or person by swallowing, breathing, or touching eyes, face or nose

Contamination is contracting an infection after being exposed

Physical or social distancing is increasing the space between people to avoid spread of a disease

Self-quarantine is separating and restricting the movement of suspected people who have been exposed to an illness to confine them for a certain period of time to tell whether they become ill

Isolation is separating people who are ill from healthy individuals to avoid exposure

Lockdown is restriction of all non-essential movements and activities outside the house
Personal Protective Equipment (PPE)

- PPE need to be staged and ready-to-use

- Donning order of PPE prior to exposure:
  1. N95 mask or respirator
  2. Gloves (double if possible)
  3. Goggles/face shield
  4. Gown or disposable coverall
  5. Disinfect belt and gear after use

- Doffing order of PPE after exposure:
  1. Outer gloves
  2. Goggles/Face shield
  3. Gown
  4. Mask/respirator
  5. Inner gloves

- Transferring & transporting detainees:
  1. Enquire for COVID-19 symptoms
  2. Check for fever (low grade, 100.4 Fahrenheit or 38.5 Celsius or above)
  3. Call for ambulance or any other available vehicle in case of fever
  4. Mark the vehicle out-of-service after and disinfect thoroughly
  5. Virus is viable and active for up to 72 hours on surfaces
  6. Stay in PPE for receiving a suspect in the facility
  7. Perform proper handwashing after removal of PPE

- End of shift:
  1. Do not put duty uniforms into lockers
  2. Put them in prescribed bags so they don’t contaminate
  3. Wash and dry them at higher temperature
  4. Sanitize all equipment and personal belongings, including weapons, watch, mobile phone, handcuffs, duty gear, etc
  5. Remember you need to protect your family and friends from exposure