



## INDIAN POLICE FOUNDATION

### Message to our police personnel

Friends, Together with doctors, nurses, hospital workers and ambulance staff, our police personnel are important frontline fighters in India's battle against the Covid19 pandemic.

The nation is deeply grateful to you for your services, your dedication, your sacrifice and courage, exposing yourself so that our citizens stay safe.

Policing is a difficult job even in normal times. But in these difficult times, it will get far more difficult. In addition to your daily duties, you may be called upon to do several other duties to enforce the lockdown and prevent overcrowding. But your calm, professional and mature behavior is most important. Remember, our citizens, especially the poor, are under tremendous stress during this lockdown and while you need to be very strict, you should always be sensitive in your approach to the hardships of the people.

Most importantly, your own health is important. This infection can hit anybody and your own awareness about how to protect yourself alone can save you. Follow all safety instructions issued by your superior officers.

#### **What should you know about Covid19?**

Covid19 is a highly contagious respiratory disease, spread from person to person via respiratory droplets produced when an infected person coughs or sneezes and such droplets fall on the hands, face or skin of persons present in close proximity or having close contact.

Close contact means being within 6 feet of an infected person for a prolonged period of time or having direct contact with body fluids like blood, phlegm and respiratory droplets. You will get infected if you touch infected persons or things including paper, glass, mobile phones etc and then touch your face with your unwashed hands.

#### **To protect yourself from exposure:**

1. As far as possible, keep a distance of at least 6 feet.
2. Practice proper hand hygiene. Frequently wash your hands with soap and water for at least 20 seconds.
3. Where washing is not possible, use an alcohol-based hand sanitizer with at least 60% alcohol content.
4. Do not touch your face with unwashed hands

5. If you come across anyone showing visible symptoms of Covid19, ask for an ambulance with trained personnel to transport the person to the designated hospital.
6. Even during your operational and training duties, please keep the distance.
7. It is important to keep the police stations, police lines, vehicles etc clean and disinfected.
8. Do not exchange mobile phones, walkie talkie sets etc with your colleagues. If you do, you should clean the equipment thoroughly before you use it again.
9. Whenever you return from duties in infected or infection-suspected areas, get your uniform / dress etc handled and washed separately.
10. Please be mindful of the safety of your family members and follow all precautions.

### **Personal Protective Equipment (PPE)**

For those police personnel who are required to make public contact, depending on the nature of their duties like regulatory work, access control, checking and frisking etc, different kinds of PPE will be required. The Department will decide whether PPE is necessary and what kind of facemask, gloves, eye protection, body-covers etc you should wear for different nature of duties.

Please note that while handling high risk functions like inquest of infected dead bodies, collection of forensic post mortem samples etc, it is a must to wear a clean, long-sleeved fluid-resistant or impermeable gown & water resistant aprons to protect skin and clothing as well as appropriate grades of gloves, face shields, face masks and eye wear to protect against potential infection. Always remember to wash your uniforms, gowns, aprons, covers etc separately.

The most important message to be kept in mind is that you should do everything possible to protect yourself from infection, protect your family and prevent internal transmission within the force.

Remember, the nation is dependent on your services at this hour of crisis. And only if you are healthy, you will be able to discharge your sacred duty.

JAI HIND