COVID EMERGENCY

SIKKIM POLICE HEADQUARTERS
[27°21’35.59”N 88°38’43.42”E]

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COVID EMERGENCY ORDER
MANDATORY PROTOCOLS OF BEHAVIOUR

In the light of COVID CRISIS, which is likely to continue for as long as there are susceptible populations and viruses, the following protocols of behaviour shall be followed and enforced strictly by everyone as viruses do not recognise ranks.

1. **Six-foot rule for social distancing.** Follow everywhere in the base/office and on operations. Adjust to this way of life immediately. Mark lines and points for various purposes at all places of gatherings in the base/office. Educate and train; follow operational drills as defined in the enclosed leaflets. This is the biggest limitation in our fight against coronavirus infection as people are not following it. Do not come and stay close and do not shake hands. Avoid briefings, meetings, and celebrations.

2. **Soap and water for hand hygiene.** Soap and water shall be available outside/inside each building. All members of force shall be trained to wash hands as defined in the enclosed leaflet. While soap and water are the best way to get rid of coronavirus, it will not be effective unless soap and water reach everywhere on the surface of our hands and stay there for action for about 25-30 seconds to kill germs. Following scientific protocols of hand-washing is a must, therefore. Clean tap too while washing your hands. Fingernails shall not be allowed to grow and must be trimmed frequently as they are the perfect hideout of germs.

3. **Hand sanitiser for hand hygiene.** Keep hand sanitiser on person and use it where soap and water are not available. Chemical solution must reach all parts of hand surface in order to be effective. A quick smear and formality of rubbing will not disinfect your hands. Also clean your sanitiser bottle. Hands touch everything and collect germs. These get into our body and make us sick when we touch our mouth, nose, or eyes with contaminated hands. Do not touch your face with unwashed, non-sanitised, dirty hands. This would need a lot of practice as we tend to touch our face intuitively every now and then without being aware of it.

4. **Mask to cover mouth and nose.** All must wear masks properly so that it covers the mouth and nose. People are wearing masks but keeping their noses and/or mouths open and exposed which defeats the purpose. Compulsory everywhere in the base/office and on operations. If not available, get them stitched locally. Use non-
particle-shedding cloth only. Minimum three pairs to be given to each individual for washing and drying after one-day use. Do not wear dirty masks.

5. **Personal hygiene.** Insist on taking full-body wash and on washing clothes on a much higher frequency than before. Make it a habit now so that it continues during winters too. Do not wear the same clothes continuously. Personal hygiene and social distancing are the only way to fight the threat of coronavirus infection.

6. **Equipment and hardware cleaning.** Equipment and hardware such as shoes, rifles, sticks, belts, eyewear, keyboards, mice, desks, pens, handles and knobs, steering wheels, railings, etc., shall be cleaned with disinfectant or left unused at a dry and ventilated place not frequented by animals and people for 12-24 hours before next use.

7. **Ventilation.** Keep all buildings ventilated to avoid the possibility of aerosol-based infection. Keep your windows and doors open.

8. **High-risk areas.** Barber shop, kitchen, pantry, mess, workshop, office, etc., where people get together and stay together for long durations are more susceptible to spread infection. Make and enforce stringent protocols following the above guidelines for disinfection and traffic/crowd management in these places.

Effective at once.

**Our world is such that we all are connected to each other. Follow and enforce above guidelines for your own safety as no one is safe until everyone is safe!**

(Alivchall)
Inspector General of Police

**Distribution:**

All Commanding Officers
All Superintendents of Police
All Branch Heads
All General Officers
Hand care

- Take care of your hands by regularly using a protective hand cream or lotion, at least daily.
- Do not routinely wash hands with soap and water immediately before or after using an alcohol-based handrub.
- Do not use hot water to rinse your hands.
- After handrubbing or handwashing, let your hands dry completely before putting on gloves.

Please remember

- Do not wear artificial fingernails or extenders when in direct contact with patients.
- Keep natural nails short.
HOW TO HANDRUB?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

Duration of the entire procedure: 20-30 seconds

1a
Apply a palmful of the product in a cupped hand, covering all surfaces;

1b
Rub hands palm to palm;

2
Right palm over left dorsum with interlaced fingers and vice versa;

3
Palm to palm with fingers interlaced;

4
Backs of fingers to opposing palms with fingers interlocked;

5
Rotational rubbing of left thumb clasped in right palm and vice versa;

6
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

7
Once dry, your hands are safe.
COVID-19 COMMAND CRISIS RESPONSE

COVID TWO-PERSON PATROL

FOLLOW & ENFORCE 6-FOOT RULE
COVID THREE-PERSON PATROL

FOLLOW & ENFORCE 6-FOOT RULE
COVID-19

COVID FOUR-PERSON PATROL

Option 1

Option 2

Option 3

FOLLOW & ENFORCE 6-FOOT RULE
Caution 1: Mark barriers for visibility during day by yellow/orange/red flags, paint or reflective tape of any warning colour.

Caution 2: Mark barriers for visibility during night by white flags, paint or reflective tape of any warning colour.

FOLLOW & ENFORCE 6-FOOT RULE