



COVID-19: Staying Healthy as a Police Officer

Educate Yourself. Stay Informed. Be Safe.

Take the following steps to protect yourself to reduce the likelihood of contracting COVID-19.

- **Practice proper hand hygiene** by promptly washing or sanitizing hands after coughing, sneezing, or physically interacting with others. Wash your hands for at least 20 seconds with soap and water.
- **Avoid touching your face** (eyes, nose, and mouth).
- **Cover your mouth and nose** with your bent elbow or tissue when you cough or sneeze. Make sure to dispose of the tissue immediately.¹ Wash your hands with soap immediately after sneezing or coughing.
- **Avoid close physical contact** with others, including shaking hands and hugging.
- Maintain at least **6 feet distance** between yourself and anyone who is coughing or sneezing, when possible.²
- Promptly **disinfect your gear** including your duty belt after physical contact with any individual.³
- Keep **disinfectant wipes and hand sanitizer** in an easily accessible place while on-duty.
- Only wear a **mask** if coming into contact with someone who has the COVID-19 virus and make sure to know how to properly use and dispose of it.
- Educate yourself and participate in training on the use of **Personal Protective Equipment (PPE)** for respiratory protection, if available at your agency. Ensure only trained personnel wearing appropriate PPE have contact with individuals who have or may have COVID-19.
- Make sure to know your **agency's plans and protocols** for exposure control.
- **Seek medical care early** if you have a fever, cough and difficulty breathing.

COVID-19-infected droplets may be able to live on nearly any surface.⁴ Consider sanitizing items you frequently touch during a shift:

- Phone
- Laptop
- Clipboard
- Patrol car equipment
 - Steering wheel
 - Gear shift
 - Dispatch radio module
 - Door handles and edges

Contact

Reporting Procedures

What to do if you get sick

Resources for Law Enforcement:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

<https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-law-enforcement.html>

<https://www.cdc.gov/hai/pdfs/ppe/ppe-sequence.pdf>

1 <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
2 <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>

3 <https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-law-enforcement.html>
4 <https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>