

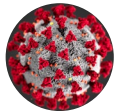
# CORONAVIRUS *BRIEF*



## COVID-19

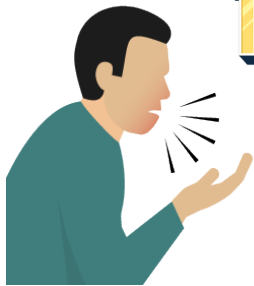
This information is for informational purposes only. Local responders should follow the guidance of their own local and state health officials. Responders can find more information from their state office of public health at <https://www.ncbrt.lsu.edu/courses/covid19.php>

### About COVID-19



COVID-19 is a highly contagious respiratory illness caused by a novel coronavirus.

### 2 Ways of Spreading



**1** By breathing in the respiratory droplets of an infected person after they cough or sneeze. The virus may\* also be able to cling to particles in the air for up to 3 hours.

(\*Preliminary studies in ideal lab conditions that do not reflect real world settings.)



**2** By touching surfaces with the virus on them, and then touching your mouth, nose, or eyes. The virus can survive between 3 and 72 hours on surfaces.

### Take Care of Yourself



Wash your hands, get adequate sleep, healthy food and drink, vitamins, and vaccinations.



Do not work when experiencing symptoms of illness

### COVID-19 Symptoms (appear between 2-14 days after exposure)



Fever



Dry Cough



Shortness of Breath



Some may have no symptoms but still be able to give it to others.

### COVID-19 Illness

- **Most who contract COVID-19 will experience mild to moderate symptoms, but some may develop severe symptoms** and secondary infections requiring medical treatment. Populations vulnerable to critical illness include people over 65 and those diagnosed with preexisting conditions like heart disease, lung disease, and diabetes.
- Symptoms may be confused with symptoms of flu or cold.
- If you experience these symptoms:
  - self-quarantine for 14 days or until you can be tested for COVID-19.
  - call your healthcare and tell them about your symptoms. They will determine whether you should be tested or not.
  - Do not go to the hospital unless you are experiencing severe symptoms or are directed to by your healthcare provider.
  - Most people will successfully recover from the virus with rest and isolation at home for 14 days.
  - Keep sick people away from vulnerable people and healthcare workers.

### When to seek medical attention:

Difficulty breathing

Persistent chest pain or pressure

Altered level of consciousness

Bluish skin from lack of oxygen

Any other severe symptoms

# PROTECT YOURSELF

# 6 TERMS TO KNOW

## Encountering People on Duty

- **COVID-19 is highly contagious, with a high mortality rate.**
- **Gather maximum info from dispatch** prior to potential contact with a sick person
- **Maintain situational awareness**
- **Maintain 6 ft. of space** between you and others. If you must get closer, give others masks or ask them to cover mouths/noses with tissue/sleeve).
- **Avoid touching people/surfaces with bare hands.** If you do, avoid touching your face. Use hand sanitizer with at least 60% alcohol.

## Transporting Arrestees

- **Ask:** COVID-19 symptoms? Been in contact with others who have been exposed?
- If they have **fever of 100.4°F or above:** may need medical help prior to intake. Call for an ambulance.
- If an ambulance is unavailable, use other transport with easily-decontaminated seats.
- Give them a mask to minimize contamination of vehicle interior.
- After transport, take the vehicle out of service if possible. If not, leave doors open; these should remain open while vehicle is cleaned.
- Officer cleaning vehicle must wear at least disposable gown and gloves and follow all proper cleaning and disinfection procedures. *Clean everything.*
- **Currently, the virus is estimated to be viable for between 4–72 hours on surfaces.**
- Clean and disinfect reusable equipment before use on another suspect.
- After the suspect is released to the facility, the officer(s) should remove and contain any personal items while in PPE.
- Finally, remove and properly dispose of PPE and perform hand hygiene.

## Personal Protective Equipment (PPE)

- **PPE should be staged and ready to use.**
- **Don minimally required PPE prior to exposure:**
  1. Don N95 mask or respirator.
  2. Don gloves (double if possible).
  3. Don goggles/face shield and adjust to fit.
  4. Don gown or disposable coveralls (or plan to disinfect belt and gear after use)
- **Doffing order of PPE**
  1. Outer gloves
  2. Goggles/face shield
  3. Gown
  4. Mask/respirator
  5. Inner gloves



## End of Shift Precautions:

**protect yourself, your family and friends, and other officers**



### Duty uniforms

- May have been exposed even if you weren't in direct contact with an infected person.
- Do not put them into lockers after use. Place into separate bags so they won't contaminate other clothing between work and home.
- Launder frequently at the highest possible temperature. Drying on high and ironing may also help to kill the virus.

**All equipment should be properly sanitized, including weapons, portable radios, handcuffs, duty belt, and gear.**

**1** **exposure**  
contact with an infectious substance by swallowing, breathing, or touching the skin or eyes

**2** **contamination**  
contracting an infection after being exposed

**3** **physical/social distancing**  
deliberately increasing physical space between people to avoid spreading illness

**4** **self-quarantine**  
separating and restricting the movement of well people who may have been exposed to an illness to see if they become ill

**5** **isolation**  
separating people with a contagious illness from well people

**6** **lockdown**  
restriction of all non-essential activities outside of the home