

GUIDELINES FOR UNIFORMED PERSONNEL (POLICE, ARMY AND PRISONS) ON PREVENTION AND CONTROL OF COVID-19

The world is currently faced with a pandemic of COVID-19, a new virus that spreads so fast through droplet infection especially in crowded places and causes illness. Since its new, there is no immunity against it. Therefore, it is important that we practice preventive measures

Signs and symptoms of COVID-19 include:

- Fever
- Cough
- Sore throat
- Difficulty in breathing
- Sneezing and body weakness

The following guidelines to provide information to army and prison personnel to protect themselves and to prevent spread of COVID-19. Police and army MUST:

- 1.** Undergo daily temperature screening.
- 2.** Security personnel should manage situations as much as possible from a safe effective working distance
- 3.** Avoid pipping inside the vehicle windows but should devise other safe ways of inspecting the cars or its occupants from a safe distance.
- 4.** Avoid crowding as much as possible when conducting duties or handling situations
- 5.** Remove and disinfect all their clothes used during patrols before interacting with members of their family.
- 6.** Any police or soldier who develops fever or signs of COVID 19 during the patrols, should call Ministry of Health help lines on 0800-100-066 or 0800-203-033 or 919 or WhatsApp 0770-818-139 for immediate transfer to the nearest hospital and **MUST** avoid going back to the family members.
- 7.** Wear gloves and masks in cases where they are called upon to assist any suspected patients.

- 8.** Ensure social distancing while carrying out their daily duties.
- 9.** Regularly wash hand with soap and water or alcohol-based hand sanitizer/rub
- 10.** Always maintain good body hygiene. They **MUST** have a full body bath with water and soap at least 2 times a day.
- 11.** Regularly clean and disinfect all communal places such as; toilets, floor surfaces; and frequently touched surfaces with disinfectant (JIK) or soap and water. This cleaning should be done under close supervision and at least 3 times a day.
- 12.** Share health educative materials on prevention of COVID 19 in different local languages

Do's:

- Cover your mouth and nose with tissue or a handkerchief when coughing and sneezing.
- Wash your hands with soap and water or use an alcohol-based hand rub immediately after using the tissue or handkerchief.
- Maintain a distance of at least 2 meters between people.
- Avoid touching your eyes, nose and mouth always. Hands touch many surfaces including money which can be contaminated with the virus and you can transfer the virus from the surface to yourself.

Don'ts:

- Avoid close contact with people who are visibly sick with flu-like symptoms (fever, cough, sneeze). When sick with flu-like symptoms avoid going to your units, public places, offices and public gatherings. Remain at home to avoid infecting others.
- You do not need to wear medical masks if you are not handling people who do not have respiratory symptoms such as cough, sneezing or running nose.
- Do not spit in public. Identify secluded places like pit latrines or toilets for purposes of spitting and wash your hands immediately with soap and water.

For more information, call the Ministry of Health toll free line on: **919, 0800 100066, 0800 303033 & 0800203033** or send a **free SMS** to Ureport on **8500** or WhatsApp on **0770818139**