



Police Guidance on Covid-19

(Adapted from Interpol Guide)

Covid-19 is transmitted by:



COUGHING-SNEEZING

-Keep the 2 meters social distance, when possible.



CONTAMINATED OBJECTS AND PLACES

-Keep your devices as clean as possible (mobile phones and work equipment).



PHYSICAL CONTACT:

-No handshake.

-Avoid touching your mouth, eyes or nose.



PROTECTIVE MEASURES

- Wash your hands frequently with soap and water.
- Hand sanitizer of over 60% alcohol content can be used when soap and water is not available.
- Use of masks when needed.
- Ventilate your house and workplace.
- Maintain personal hygiene and the hygiene where you live and work.
- When sneezing, cover your mouth with handkerchief.

WHEN MUST YOU VISIT THE DOCTOR:

- If you have a fever, cough, or difficulty breathing, seek medical attention immediately.
- Sick people should stay at home in order to prevent the spread of the disease.
- Drink as much as possible water, fluids, lemon tea.

CRIME DURING THE OUTBREAK OF PANDEMIC

- Rumour and fake news should be countered – follow government guidelines and National Institute of Public Health's (NIPH) advice.
- Look out for counterfeit goods such as:
Face masks, hand sanitizers, vaccines, test kits, anti-viral or anti-malarial medicines, etc.
- Be aware of online fraud selling counterfeit medicines and tests (there is no vaccine yet).
- Be aware of people intentionally spitting or coughing at you to intimidate you – practice hygiene after such occurrences.

**THE BEST WAY TO AVOID ILLNESS
AND SPREAD, IS TO RESPECT THE
RECOMMENDATIONS OF NIPH**



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