

Strategies to Reduce Your Risk of Getting Sick and Ways to Protect Your Family

How COVID-19 Spreads: COVID-19, like other common respiratory viruses, spreads mainly by people who are ill and are coughing and sneezing. The virus is in the droplets that are coughed and sneezed from the person's mouth and nose. The droplets can travel in the air to people in close contact (within 6 feet) of the ill person. The close contact required is generally longer than 10 minutes within 6 feet of the ill person. The droplets land on surfaces and can live for several hours to days, depending on the substance and the surface. The less common route of transmission is touching these surfaces and then touching your eyes, nose, or mouth.

Strategy	When to use	When NOT to use
Social distancing - try to stand at least 3-6 ft away from others and don't shake hands	Whenever possible	
Hand washing with soap and water for 20 seconds	After touching public surfaces Before eating Before touching face Before going home	
60% alcohol hand sanitizer (rub on front and back of hands and between fingers)	After touching public surfaces Before eating Before touching face Before going home	When hands are visibly dirty or oily
Cleaning frequently touched surfaces	Wipe any surfaces that multiple people touch (door handles, tools, pens, phones) at beginning of shift	
Manage fomites - gear and uniforms	Leave uniforms at work or immediately wash when arriving home Remove or change shoes when arriving home Wipe down belts and other gear with sanitizing wipes or soap and water at end of shift Don't share pens	
Face mask (loose fitting/"surgical"/"procedure")	Most important to use on someone who is ill (coughing/sneezing/runny nose/appears warm) to control the source of virus. You may also place one on yourself if you must be within 6 feet of person. (This strategy is also used in health care settings and is very effective in reducing risk of transmission.)	Face mask is not necessary for non-medical interactions or office work setting On patrol / driving Interviewing well-appearing people Able to stay at least 6 feet from ill person
"N95" filtering facepiece respirator	Improper use or overuse can increase your risk for infection. It can also impair breathing. Only use N95s if you are providing medical care to someone who is ill and you are trained/fitted for one	N95 is not necessary for non-medical interactions or office work setting On patrol / driving Interviewing well-appearing people Able to stay at least 6 feet from ill person

COVID-19 Information for Law Enforcement Personnel

Updated 3/22/2020

Resources:

Office environments:

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

Emergency Medical Services

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-for-ems.html>

Law Enforcement Personnel

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

COVID-19 Symptoms

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

If you are sick or caring for someone at home

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html>