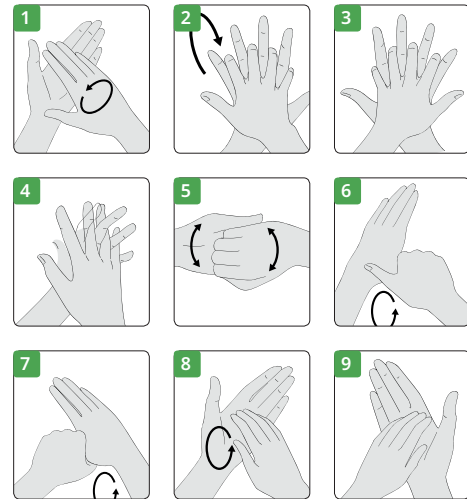


# HOW TO PROTECT YOURSELF

## When you encounter people on duty

- |   |  |
|---|--|
| <p><b>1</b></p>  <p>COVID-19 is extremely contagious</p>                       | <p><b>2</b></p>  <p>COVID-19 is a cause of high mortality</p>                                   |
| <p><b>3</b></p>  <p>Stay alert and aware of your surroundings when on duty</p> | <p><b>4</b></p>  <p>Observe 6 feet distance between you and others</p>                          |
| <p><b>5</b></p>  <p>Always use facemask and make others to do so also</p>    | <p><b>6</b></p>  <p>Cough or sneeze in a flexed elbow</p>                                     |
| <p><b>7</b></p>  <p>Avoid a handshake</p>                                    | <p><b>8</b></p>  <p>Use a 60% alcohol-based hand sanitizer</p>                                |
| <p><b>9</b></p>  <p>Do not touch people and surfaces with bare hands</p>     | <p><b>10</b></p>  <p>Spray disinfectant, on each individual who enters into your premises</p> |



Hand washing best practices

## Get the concepts right

**Exposure** is coming in contact with an infectious substance or person by swallowing, breathing, or touching eyes, face or nose

**Contamination** is contracting an infection after being exposed

**Physical or social distancing** is increasing the space between people to avoid spread of a disease

**Self-quarantine** is separating and restricting the movement of suspected people who have been exposed to an illness to confine them for a certain period of time to tell whether they become ill

**Isolation** is separating people who are ill from healthy individuals to avoid exposure

**Lockdown** is restriction of all non-essential movements and activities outside the house



## Personal Protective Equipment (PPE)

- PPE need to be staged and ready-to-use

- Donning order of PPE prior to exposure:

1. N95 mask or respirator
2. Gloves (double if possible)
3. Goggles/face shield
4. Gown or disposable coverall
5. Disinfect belt and gear after use

- Doffing order of PPE after exposure:

1. Outer gloves
2. Goggles/Face shield
3. Gown
4. Mask/respirator
5. Inner gloves

- Transferring & transporting detainees:

1. Enquire for COVID-19 symptoms
2. Check for fever (low grade, 100.4 Fahrenheit or 38.5 Celsius or above)
3. Call for ambulance or any other available vehicle in case of fever
4. Mark the vehicle out-of-service after and disinfect thoroughly
5. Virus is viable and active for up to 72 hours on surfaces
6. Stay in PPE for receiving a suspect in the facility
7. Perform proper handwashing after removal of PPE

- End of shift:






1. Do not put duty uniforms into lockers
2. Put them in prescribed bags so they don't contaminate
3. Wash and dry them at higher temperature
4. Sanitize all equipment and personal belongings, including weapons, watch, mobile phone, handcuffs, duty gear, etc
5. Remember you need to protect your family and friends from exposure

The comprehensive approach of UNODC is aligned with Pakistan's vision 2025.

Striving to achieve the Sustainable Development Goal (SDG) 16 on Peace, Justice and Institutions: *"Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels."* Also contributing to the SDG Goals 3, 5, 8, 11, 15 and 17.



[www.unodc.org/pakistan](http://www.unodc.org/pakistan)

 /UNODCPakistan 
  /UNODC.Pakistan 
  yt.vu/+unodcpakistan 
  ask.sp2@un.org 
  +92 51-2601461-2