

# OC HUMAN RELATIONS

BUILDING COMMUNITY BY FOSTERING RESPECT, RESOLVING CONFLICT AND PURSUING EQUALITY

Serving Orange County since 1991



Be Educated. Be Informed. Be Safe!  
Reduce COVID-19

## Guidance & Support

Basics to Protect Yourself & Others!

- Practice proper hand hygiene by promptly washing or sanitizing hands after coughing, sneezing, or physically interacting with others. Wash your hands for at least 20 seconds with soap and water.
- Avoid touching your face (eyes, nose, and mouth).
- Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Make sure to dispose of the tissue immediately. Wash your hands with soap immediately after sneezing or coughing.
- Avoid close physical contact with others, including shaking hands and hugging.
- Maintain at least 6 feet distance between yourself and anyone who is coughing or sneezing, at all times.
- Promptly disinfect your gear including your duty belt after physical contact with any individual.
- Keep disinfectant wipes and hand sanitizer in an easily accessible place while on-duty.
- Wear a mask and make sure to know how to properly use and dispose or wash for reuse of it. (Review CDC Guidelines)

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Educate yourself and participate in training on the use of Personal Protective Equipment (PPE) for respiratory protection, if available at your agency. Ensure only trained personnel wearing appropriate PPE have contact with individuals who have or may have COVID-19. Make sure to know your agency's plans and protocols for exposure control. Seek medical care early if you have a fever, cough and difficulty breathing.

COVID-19-infected droplets may be able to live on nearly any surface. Consider sanitizing items you frequently touch during a shift:

- Phone
- Laptop
- Clipboard

Patrol car equipment

- Steering wheel
- Gear shift
- Dispatch radio module
- Door handles and edges

Disclaimer:

All reasonable precautions have been taken by OC Human Relations to verify the content in this publication. There is no expressed or implied warranty of any kind. The responsibility of interpretation, comprehension and use lies solely with the reader.

## OC Human Relations

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**[www.ochumanrelations.org](http://www.ochumanrelations.org)**



### Resources for Law Enforcement

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

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

<https://www.cdc.gov/hai/pdfs/ppe/ppe-sequence.pdf>