

## **PPE FAQs**

### **Should I wear PPE and maintain social distancing measures even if nobody else is?**

With the advent of contact tracing for COVID-19, if you come into contact with anyone who has tested positive for COVID-19, and you were not wearing PPE or social distancing, you and anyone you have come into contact with will have to self-isolate for two weeks.

In one force, four officers testing positive led to 20 colleagues having to self-isolate. This is unsustainable for a police force needed more than ever at the frontline of this pandemic.

### **When should I wear PPE?**

NPCC guidance requires officers to have a mask and gloves on them at all times. In circumstances where 'close contact with the public is likely, social distancing is not available and suspected risk of infection exists', it is recommended that officers and staff wear a fluid resistant surgical mask (IIR) and gloves (nonlatex). If possible, they should also conduct a risk assessment on the use of a goggles and an apron.

### **I think I have already had COVID-19, so believe I am likely to be immune**

Unless you have been tested for COVID-19 antibodies, you cannot say for certain whether or not you have had it. Studies show immunity to the virus is short-lived at best. If you have had COVID-19, there is every chance you can catch it again.

### **If I get COVID-19, I'll have a few weeks off at worst – why should I worry about it?**

Research from King's College London into the long-term effects of COVID-19 suggests it can cause decreased lung capacity, headaches and lethargy, leaving sufferers feeling as if they have chronic fatigue. While others may get a milder form of the virus, there is no telling which one you will contract – and even if you get the milder version, you will still have to self-isolate along with anyone else who has come into contact with you.

For more information on PPE guidelines and social distancing, visit

<https://news.npcc.police.uk/releases/coronavirus-guidance-on-personal-protective-equipment-issued-to-police-forces>