


Interpretation of COVID-19 advice for Police and other emergency service workers

<p>What is the current general advice for the public on self-isolation?</p>	<p>The “Stay at Home Guidance to Households” applies to everyone, including ‘emergency service’ workers.</p> <p>https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection#ending-isolation</p> <p>In summary:</p> <ul style="list-style-type: none"> • People who live alone should stay at home for seven days if they develop a high temperature or a new and continuous cough • If a symptomatic individual lives with others, all other household members should should stay at home for 14 days • Everyone should avoid non-essential contact with others and unnecessary travel • Everyone is being asked to work from home where they possibly can, and avoid pubs, clubs, theatres and social venues • People over 70, and vulnerable groups of any age will be asked to be shielded from social contact for several weeks.
<p>To what extent should emergency services co-workers, who regularly work closely together for long shifts sharing service vehicle cabins, be considered a ‘household’?</p>	<p>Emergency services co-workers who regularly work closely together for long shifts sharing service vehicle cabins may be considered as ‘close contacts’ but not as a ‘household’ (i.e. living with others).</p> <p>Risks should be assessed on a case-by-case basis, but typically:</p> <ul style="list-style-type: none"> • If a member of staff develops symptoms of a new and continuous cough or fever, they should not be in work. They should self-isolate for seven days from onset of symptoms if living alone. If living with others, other members of the household should stay at home for 14 days. • If a member of staff develops symptoms of continuous cough or fever following a long shift including sharing a vehicle cabin with co-workers, the symptomatic worker should self-isolate for seven days from onset of symptoms if living alone. If living with others, other members of the household should stay at home for 14 days. Asymptomatic co-workers should remain vigilant but can continue to work; they are not required to self-isolate. They should monitor for symptoms and follow the “Stay at Home Guidance” if they develop symptoms. • If a member of staff develops symptoms of continuous cough or fever during a long shift including sharing a vehicle cabin with co-workers, the symptomatic worker should self-isolate for seven days from onset of symptoms if living alone. If living with others, other members of the household should stay at home for 14 days. Asymptomatic co-workers should remain vigilant but can continue to work; they are not required to self-isolate. They should monitor for symptoms and follow the “Stay at Home Guidance” if they develop symptoms.

	Occupational health services should assist with risk assessments, and interpret and apply advice as appropriate.
<p>What if an emergency services worker experiences exposure to COVID-19 at work?</p>	<p>Emergency service workers who have an exposure to COVID-19 in work do not need to self-isolate unless symptomatic, but should monitor for symptoms and follow the Stay at Home Guidance if they develop symptoms.</p>
<p>Can you explain when an emergency service worker can leave Isolation?</p>	<p>Ending isolation has been clarified as follows and in the table below:</p> <p>If living with others, then all household members who remain well may end household-isolation after 14 days. The 14-day period starts from the day illness began in the first person to become ill. Fourteen days is the incubation period for coronavirus; people who remain well after 14 days are unlikely to be infectious.</p> <p>After 7 days, if the first person to become ill feels better and no longer has a high temperature, they can return to their normal routine. If any other family members become unwell during the 14-day household-isolation period, they should follow the same advice - that is, after 7 days of their symptoms starting, if they feel better and no longer have a high temperature, they can also return to their normal routine.</p> <p>Should a household member develop coronavirus symptoms late in the 14-day household-isolation period (for example, on day 13 or day 14) the isolation period does not need to be extended, but the person with the new symptoms has to stay at home for 7 days. The 14-day household-isolation period will have greatly reduced the overall amount of infection the rest of the household could pass on, and it is not necessary to restart 14 days of isolation for the whole household. This will have provided a high level of community protection. Further isolation of members of this household will provide very little additional community protection.</p> <p>At the end of the 14-day period, any family member who has not become unwell can leave household isolation.</p> <p>If any ill person in the household has not had any signs of improvement and have not already sought medical advice, they should contact NHS 111 online. If your home has no internet access, you should call NHS 111.</p> <div style="text-align: center;">  <p>Stay_at_home_guidance_diagram.pdf</p> </div>

What about Emergency Service workers who are over 70 or are in vulnerable groups?

The guidance on social distancing is for everyone, including Emergency Service workers

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>

We are advising those who are at increased risk of severe illness from coronavirus (COVID-19) to be particularly stringent in following social distancing measures.

Emergency Service workers who are:

- aged 70 or older (regardless of medical conditions)
- under 70 with an underlying health condition listed below (i.e. anyone instructed to get a flu jab as an adult each year on medical grounds):
 - chronic (long-term) respiratory diseases, such as [asthma](#), [chronic obstructive pulmonary disease \(COPD\)](#), emphysema or [bronchitis](#)
 - chronic heart disease, such as [heart failure](#)
 - [chronic kidney disease](#)
 - chronic liver disease, such as [hepatitis](#)
 - chronic neurological conditions, such as [Parkinson's disease](#), [motor neurone disease](#), [multiple sclerosis \(MS\)](#), a learning disability or cerebral palsy
 - [diabetes](#)
 - problems with your spleen – for example, [sickle cell](#) disease or if you have had your spleen removed
 - a weakened immune system as the result of conditions such as [HIV and AIDS](#), or medicines such as [steroid tablets](#) or [chemotherapy](#)
 - being seriously overweight (a body mass index (BMI) of 40 or above)
- are pregnant

We strongly advise you to follow the social distancing measures as much as you can and to significantly limit your face-to-face interaction with friends and family if possible

What is social distancing?

Social distancing measures are steps you can take to reduce the social interaction between people. This will help reduce the transmission of coronavirus (COVID-19).

They are:

1. Avoid contact with someone who is displaying symptoms of coronavirus (COVID-19). These symptoms include high temperature and/or new and continuous cough

<p>What is the advice if I live with a vulnerable person?</p>	<ol style="list-style-type: none">2. Avoid non-essential use of public transport, varying your travel times to avoid rush hour, when possible3. Work from home, where possible. Your employer should support you to do this. Please refer to employer guidance for more information4. Avoid large gatherings, and gatherings in smaller public spaces such as pubs, cinemas, restaurants, theatres, bars, clubs5. Avoid gatherings with friends and family. Keep in touch using remote technology such as phone, internet, and social media6. Use telephone or online services to contact your GP or other essential services <p><i>NB Some people, with some clinical conditions which put people at even higher risk of severe illness from COVID-19, will be contacted directly by the NHS, with further advice.</i></p> <p>If you live in a house with a vulnerable person refer to the household guidance. This guidance is intended for:</p> <ul style="list-style-type: none">• people with symptoms that may be caused by coronavirus, and do not require hospital treatment, who must remain at home until they are well• those living in households with someone who shows symptoms that may be caused by coronavirus
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