



MEGHALAYA POLICE

"Help Us to Help You"

A HANDBOOK FOR POLICE ON COVID-19

PREPARE, PREVENT & STAY SAFE



WASH HANDS

SOCIAL DISTANCING

USE LITTER BINS

1

AVOID LARGE GATHERING



2

NO SPITTING IN PUBLIC PLACES



WEAR FACE MASK

SEEK MEDICAL ASSISTANCE

CALL 108 OR 1070

3

AVOID TOUCHING EYES, NOSE & MOUTH



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PREFACE

- The handbook for Police is an initiative of Shri. R. Chnadrathan, IPS, Director General of Police, Meghalaya.
- The handbook has been drafted and compiled by Shri. S. S. Kynjing, IPS, Inspector General of Police (HQ/A/F&ES/Com.), Smti. M. G. T. Sangma, MPS, Commandant 6th MLP Bn., Umran & Principal, Police Training School, Umran, Shri. G. K. Iangrai, MPS, Asstt. Inspector General of Police (A), and Dr. S. R. Marak, MPS, Asstt. Inspector General of Police (E).
- The handbook is mainly for police officers and personnel of the department, and it contains an overview of the Coronavirus (COVID-19) as published by the World Health Organisation as well as the do's and don't's for police officials to follow during the pandemic.

*"Alone we can do so little;
together we can do so much."*

Hellen Keller

"Help Us to Help You"

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Coronavirus (COVID-19)

An overview by
World Health Organisation (WHO)

#coronavirus #combatcovid19



IT'S
CORONA
VIRUS
TO WIN THE FIGHT AGAINST #COVID19



Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

The best way to prevent and slow down transmission is be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing

your hands or using an alcohol based rub frequently and not touching your face.

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).

At this time, there are no specific vaccines or treatments for COVID-19. However, there are many ongoing clinical trials evaluating potential treatments. WHO will continue to provide updated information as soon as clinical findings become available.

Symptoms:

The COVID-19 virus affects different people in different ways.

COVID-19 is a respiratory disease and most infected people will develop mild to moderate symptoms and recover without requiring special treatment.

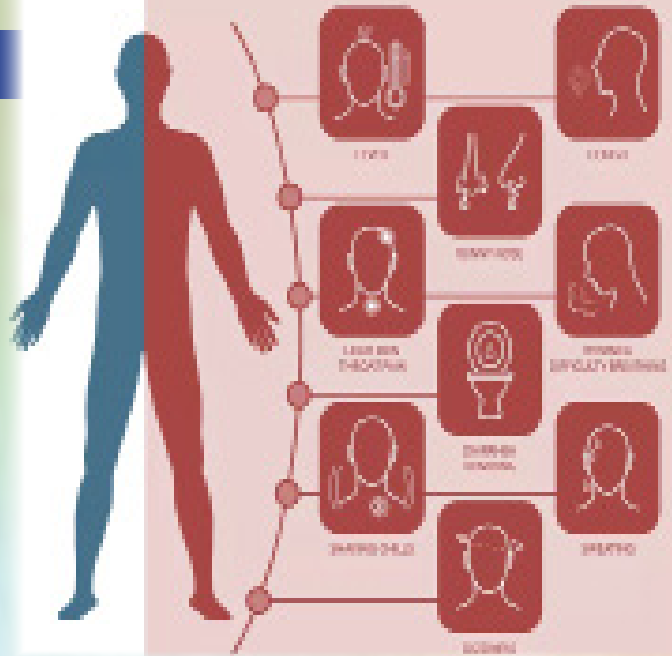
People who have underlying medical conditions and those over 60 years old have a higher risk of developing severe disease and death.

Common symptoms include:

- *Fever
- *Tiredness
- *Dry cough.

Other symptoms include:

- *Shortness of breath
- *Aches and pains



*Sore throat

*Very few people will report diarrhoea, nausea or a runny nose.

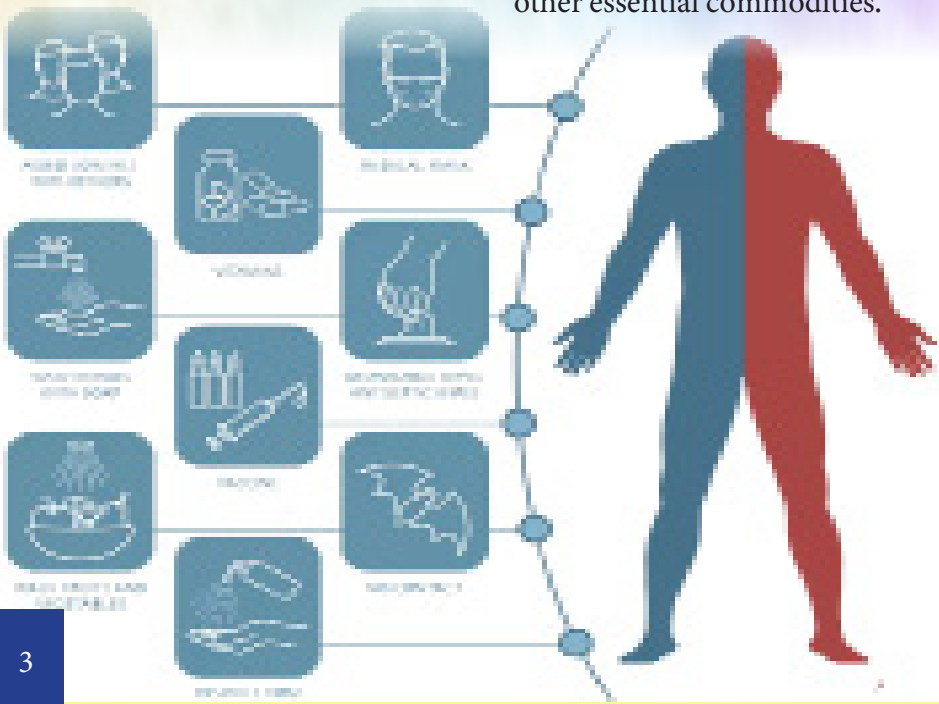
*People with mild symptoms who are otherwise healthy should self-isolate and contact their medical provider or a COVID-19 information line for advice on testing and referral.

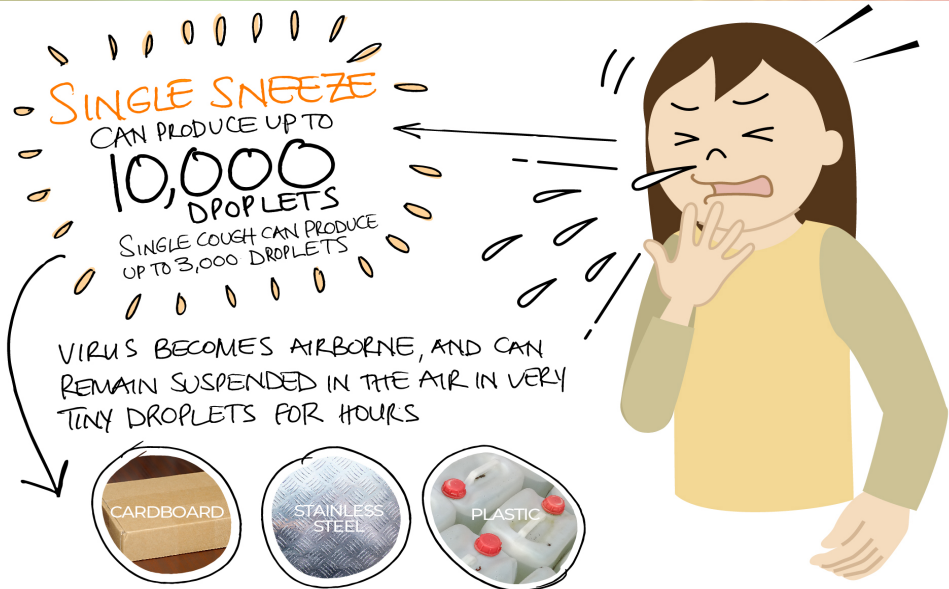
*People with fever, cough or difficulty breathing should seek medical attention.

PREVENTION

To prevent infection and to slow transmission of COVID-19, do the following:

1. Wash your hands regularly with soap and water, or clean them with alcohol-based hand rub.
2. Maintain at least 1 metre distance between you and people coughing or sneezing.
3. Avoid touching your face.
4. Practice respiratory hygiene, make sure you and the people around you, follow good respiratory hygiene.
5. Stay home if you feel unwell.
6. Refrain from smoking and other activities that weaken the lungs.
7. Practice physical distancing by avoiding unnecessary travel and staying away from large groups of people.
8. Wear face mask while shopping for groceries or other essential commodities.

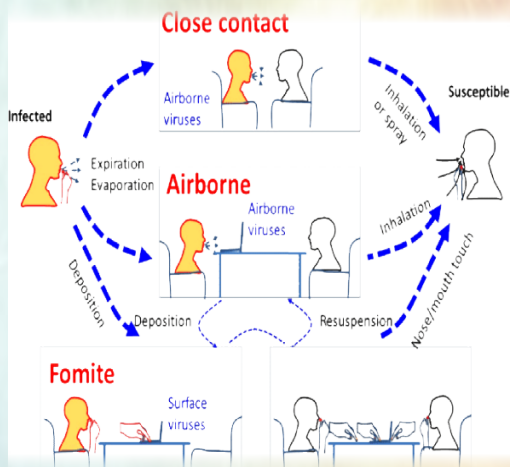




HOW THE DISEASE SPREADS:

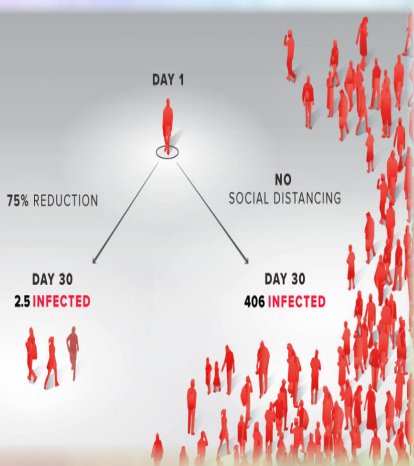
•CONTAMINATED SURFACES TO PEOPLE:

The small droplets land on surfaces, which means any person coming into contact with surface and touches their eyes, nose or mouth, can become infected.



•PEOPLE TO PEOPLE:

The disease can spread from person to person through small droplets from the nose or mouth when the infected person coughs or exhales.





WE ARE HERE TO HELP

CALL 108 FOR ANY ASSISTANCE

OR REACH OUT TO US

☎ 9033090114 | 🐦 @meghalayapolice | 📘 /meghpolice | 📷 @meghalayapolice

Role of Police:

General

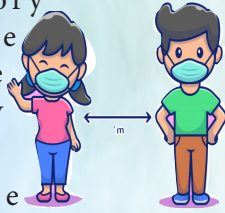
1. To ensure that mass gatherings in all places are prohibited.
2. To ensure that activities/sports/fairs/concerts etc. which attracts public gatherings are not held.
3. To check establishments/entities that have been directed to close, as per the directions of Family & Health Welfare Department, Meghalaya, Shillong follow the directions in letter and spirit.
4. To immediately alert the medical team in case of any information regarding novel COVID-19 cases within their jurisdiction.
5. To ensure that individuals who are being quarantined do not leave the place of quarantine until being permitted by medical experts.
6. To assist the Family & Health Welfare Department, Meghalaya, Shillong by enforcing relevant provisions of laws, in order to prevent spread of the novel COVID-19.
7. To maintain public order and safety at all times.
8. To exercise maximum restraint during the imposition of the lockdown.
9. To help the general public in need of assistance and to impart awareness among the public regarding COVID-19.
10. To prevent stigmatization of health officials and patients.
11. Prevent spread of Fake news or rumours.

Before, After and While in Police Station etc.:

1. Wear face mask and undergo temperature screening before entering the office premises.

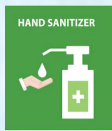


2. Social Distancing should be maintained at all times, and respiratory hygiene should be strictly followed.



3. Ensure physical distancing while attending meetings and briefings.

4. Hand sanitizers/hand wash should be used to sanitize/wash hands before coming into contact with files/papers/computers etc.



5. Do not share towels or handkerchiefs, and immediately dispose tissue papers or facial tissues after



6. Wash your hands regularly and cleanliness etiquette should be maintained.



7. Office premises and its surrounding areas are to be completely sanitized before and after office hours.

8. Disinfectants should be utilized to sanitize rooms, lavatories and other infrastructures so as to maintain cleanliness throughout the office premises.

9. Avoid spitting, littering and sitting in close proximity with co-workers.



While in a vehicle:



1. Ensure that physical distance is maintained.

2. Wear Face Mask to protect yourself and others who are sitting inside the vehicle.



3. Wear gloves, and avoid unnecessary contact with the



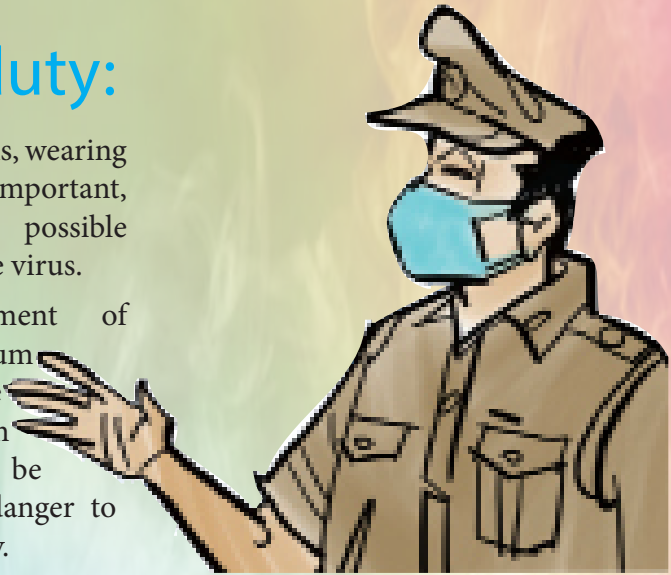
interior/exterior surface of the vehicle.

4. Keep hand sanitizers and box of tissues within the vehicle; use it frequently to avoid any contamination.

5. Disinfect the vehicle before and after performing duties.

While on duty:

1. As frontline officials, wearing of PPE is very important, to prevent possible transmission of the virus.
2. During enforcement of lockdown, maximum restraint should be adopted. Minimum force should only be used in case of danger to any life or property.
3. Ensure social distancing is being maintained by public while shopping for essential commodities.
4. Ensure that person(s) moving out in public places are wearing face mask, and that they don't spit in public places.
5. Ensure that people do not violate the orders, norms and guidelines issued by the Government and other line departments.
6. Ensure that Health Officials, general public and frontline workers are not put through inconveniences while conducting checking during Curfew or lockdown.
7. While checking of vehicles, ensure that physical distance is maintained while inquiring



from the commuter. Ensure that Curfew Pass is paste on the front windshield of the vehicle or any part of the two wheeler which will be clearly visible.

8. Avoid touching vehicle documents while conducting checking, ask the driver to show the documents or use the M-Parivahan App to verify the documents.
9. Ensure that the correct information is provided to the general public and avoid engaging into debates or argument with the general public.
10. Ensure that strict sanitizing procedures are adopted, while on duty.

IMPORTANT INFORMATION

- Call 108 or 1070 for assistance.
- For Fake News verification <http://megpolice.gov.in/covid-19-fake-news>.

STATE POLICE COVID-19 CONTROL ROOM

Nodal Officer: Shri. H. Toi, IPS,
Dy. Inspector General of Police (L&O/TAP)
(9436102172)

Assisting Officers: Shri. H. G. Lyngdoh, MPS,
Superintendent of Police (EOW)
(9436103993)

Shri. V. Syiem, MPS,
Superintendent of Police (Anti-Infl Dte.)
(9436103108)

State Police COVID-19 Control Room numbers:

1. 03642215705
2. 03642226022

DISTRICT NODAL POLICE OFFICERS

S/No.	Districts	Name	Contact No.
1	East Khasi Hills	Shri S. N. Rane, Inspector	9436738224
2	West Garo Hills	Shri D. Palecha, IPS Addl. SP	8787425521
3	East Garo Hills	Shri C. Ch. Momin, MPS, Dy. SP	8787786148
4	North Garo Hills	Shri V. Ch. Sangma, MPS, Dy. SP	8638279919
5	Ri-Bhoi	Shri V.D.S Rymbai, MPS, Dy.SP	8731845789
6	South West Khasi Hills	Shri S. Paslein, MPS, Dy.SP	9485147757
7	West Jaintia Hills	Shri B. Chettri, MPS, Addl. SP	7005686668
8	West Khasi Hills	Shri. S. Dkhar, MPS, Dy.SP	7005208854 / 9436161786
9	East Jaintia Hills	Shri C. M. Sangma, MPS, Addl. SP	7005286235
10	South Garo Hills	Shri A. Ch. Momin, MPS, Dy.SP	7005657811 / 8730996156
11	South West Garo Hills	Shri. R. R. Marak, MPS, Addl. SP	98627 65395

COVID-19 HELPLINE NUMBERS

REGISTRATION OF PERSONS who have visited
Bethany Hospital Shillong on or after 22nd March, 2020

OR

Bethany Hospital, Nongpoh on or after 30th March, 2020

1. Call 108

OR

2. Call 1070

OR

3. Register Online @<http://meghalayaonline.gov.in/covid/login.html>

OR

shorturl.at/gGIR0 (Last character is zero)

Control Room Helpline Number, Integrated Disease Surveillance Programme

State Surveillance Unit	9366090748	<ul style="list-style-type: none">• Helpline for person under Home Isolation / Quarantine• Report of Home Isolation / Quarantine violation in the respective Districts.• Registration of Medical Volunteers
East Khasi Hills	7085281316	
West Khasi Hills & South West Khasi Hills	9485395373	
West Jaintia Hills & East Jaintia Hills	6009693315 03655230605 7628075990	
West Garo Hills & South West Garo Hills	9864939334	
Ri-Bhoi	8787520449	
East Garo Hills & North Garo Hills	9485113132	
South Garo Hills	7085100406	

Toll Free Emergency Numbers

Health	108	All medical emergencies.
Police (Shillong)	100	All non-medical emergencies
State Emergency Operation Centre	1070	Any kind of emergency related to COVID-19.

DC Control Room		
West Garo Hills, Tura	6009926806, 8258991324	<ul style="list-style-type: none"> •All grievances in the respective districts •Report of any violation relating to COVID-19 •Registration of persons entering Meghalaya •Registration of Tourists still in Meghalaya. •Report of migrant workers stranded in Meghalaya. •Registration of Volunteers
East Garo Hills, Williamnagar	9485113132	
North Garo Hills, Resubelpara	9485113132	
East Khasi Hills, Shillong	0364-2502094, 2225289	
Ri-Bhoi, Nongpoh	03638-232028 / 1077	
South West Khasi Hills, Mawkyrwat	6909904336, 6033162971	
West Jaintia Hills, Jowai	6009693315	
West Khasi Hills, Nongstoin	8974579811	
East Jaintia Hills, Khliehriat	7628079707 / 7628078735	
South Garo Hills, Bagmara	7085100406	
South West Garo Hills, Ampati	6009913082 / 6009919788	

Other Assistance		
Shelter Homes for Students	8414804770	Students in Shillong who want to avail shelter home services.
Citizens stranded outside the State.	9856024237 / 9436112993 / 9485698768 / 9856451339	Helpline for citizens stranded outside the State.

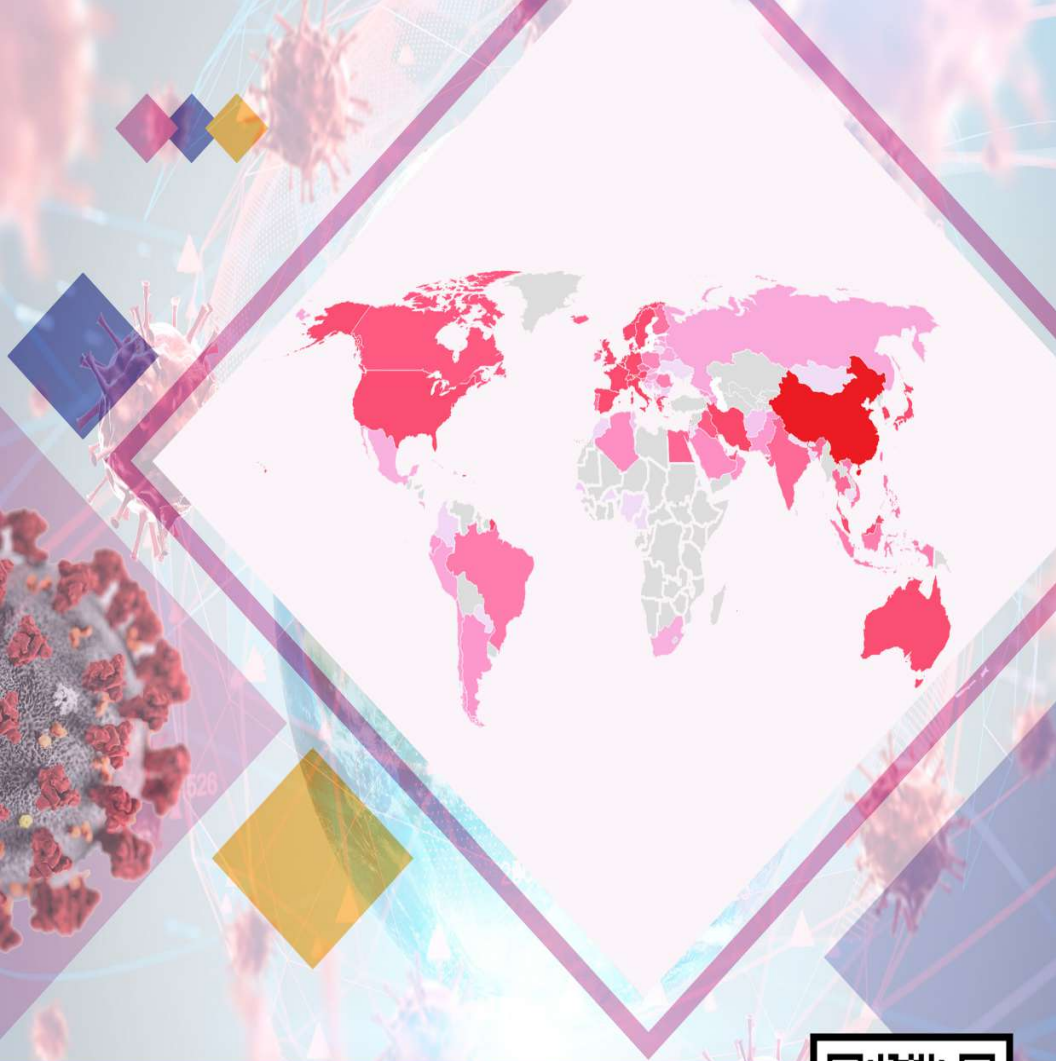
MEGHALYA POLICE SOCIAL MEDIA CAMPAIGNS



with best compliments

- *D. P. Enterprise, Shillong
- *Vikash Enterprise, Shillong
- *Papa Enterprise, Shillong
- *M/s Yogamaya Store, Shillong

- *M/s Sandeep Jain, Tura
- *M/s Shree Hari Industries, Shillong
- *M/s Megindia Constructions, Tura



phq-meg@nic.in

megpolice.gov.in

Police Headquarters, Shillong



**DO YOUR PART,
STAY APART**

