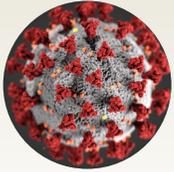


What You Need to Know about COVID-19 if You are Incarcerated/Detained

COVID-19



- COVID-19 is an illness caused by a new virus (SARS-CoV-2) that can spread from person to person and has spread across the world.
- Many people who have COVID-19 do not feel sick.
- For those who do feel sick, some signs and symptoms of COVID-19 include:
 - » Fever/chills
 - » Cough
 - » Feeling tired
 - » Having a hard time breathing
 - » Pain in the head or body
 - » Loss of taste or smell
 - » Sore throat
 - » Stuffy or runny nose
 - » Nausea/vomiting
 - » Diarrhea

How COVID-19 Spreads



- The virus spreads through droplets in the breath (“respiratory droplets”) when a person with COVID-19 breathes, coughs, sneezes, talks, or sings within about 6 feet (two arm lengths) of other people.
 - » Respiratory droplets containing the virus can land in the mouth, nose, or eyes of people who are close by.
 - » Sometimes, droplets may stay in the air for minutes to hours and infect someone more than 6 feet away.
- People may also be able to get the virus by touching something with the virus on it, then touching their mouth, nose, or eyes.

People at Risk For COVID-19



- Anyone can get infected.
- Older adults and people with certain medical problems tend to get sicker with COVID-19. Some of these medical problems include:
 - » Cancer
 - » Chronic kidney disease
 - » Chronic obstructive pulmonary disease (COPD)
 - » Sickle cell disease
 - » Heart problems
 - » Obesity
 - » Smoking
 - » Type 2 diabetes mellitus



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention

What You Can Do to Reduce Exposure

- Try to stay at least 6 feet (two arm lengths) from others, especially people from a different housing unit. For example, try to stay at least 6 feet apart from others at mealtimes or when you use the bathroom.
- As much as possible, wear a mask that covers your nose and mouth, especially if you will be within 6 feet of another person.
- Wash your hands often with soap and water for at least 20 seconds, especially after coughing, sneezing, or blowing your nose; after using the bathroom; before eating; before and after preparing food; and before taking medicine.
 - » If available, you can also use a hand sanitizer that contains at least 60% alcohol; cover your hands with sanitizer and rub them together until they feel dry.
- Cough and sneeze into your elbow or a tissue, and throw the tissue in a trash can.
- Avoid sharing eating utensils, dishes, and cups.
- If possible, go outside for your recreation time so you can more easily stay at least 6 feet apart from others.
- Try to sleep opposite, sleep head to foot when multiple beds are in a room. This gives you more space between your face and others around you.
- Inform visitors and volunteers before they travel to the facility that they should expect to be screened for COVID-19 (including a temperature check), and will be unable to enter the facility if they do not clear the screening process or if they decline screening.

If You Were Near Someone with COVID-19

- You may be tested for the virus with a swab in your nose, even if you don't feel sick.
- You may be sent to a quarantine area. This is so if you get sick, you can get medical care and so you don't get others sick. Quarantining is not to punish you or because you are in trouble. You may be quarantined alone or with others who were near someone with COVID-19 to protect you and others.

What to Do if You Feel Sick

- Tell a correctional officer or staff member if you feel sick.
- You may be sent to medical isolation. This is so you can get medical care and so you don't get others sick. Medical isolation is not to punish you.
- You may be tested for the virus with a swab in your nose.
 - » If you infected with the virus, you may be told to stay in the medical isolation area.
 - » If you aren't infected with the virus, you may be sent back to your normal housing unit.

If you have further questions or concerns

Your local or state health department is a great resource if you have questions or concerns.

Websites with More Information:

- COVID-19 Wear a Mask: www.cdc.gov/coronavirus/2019-nCoV/index.html
- COVID-19 in Correctional and Detention Facilities: www.cdc.gov/coronavirus/2019-ncov/community/correction-detention/
- To find our state health department name and phone number: www.cdc.gov/publichealthgateway/healthdirectories/healthdepartments.html
- To find your local health department name and phone number: www.naccho.org/membership/lhd-directory