

## INFORMATION FOR PEOPLE IN PRISON

Coronaviruses are a large family of viruses that cause illnesses ranging from the common cold to more severe diseases. The novel coronavirus responsible for the current pandemic is called COVID-19.

The most common symptoms of COVID-19 infection are *fever, tiredness and a dry cough*. Some people may also have *aches and pains, nasal congestion, a runny nose, a sore throat and/or diarrhoea*. Others may become infected but not exhibit any symptoms.

About 80% of patients recover from this disease without needing any special treatment. Older people, and those with underlying medical problems such as high blood pressure, heart problems and diabetes, are at higher risk of developing severe illness.

You can become infected by breathing in exhaled/ coughed-out droplets from a nearby person who has the virus; or by touching contaminated surfaces and objects or shaking hands with an infected person, and then touching your eyes, nose or mouth.

### To stay safe and healthy during the COVID-19 pandemic, remember to:

- wash your hands frequently with soap and water and dry with single-use towels;
- avoid touching your eyes, nose or mouth if you are not sure that your hands are clean;
- keep a distance of at least 1 metre between yourself and anyone who is coughing or sneezing;
- use a disposable tissue (or your bent elbow) to cover your mouth and nose when coughing or sneezing, then throw the tissue in a bin with a lid and wash your hands.

**Note** that wearing a face mask is not recommended for healthy people, *but only for people who have respiratory symptoms (e.g. a cough)*.

### Make sure that you wash your hands before and after any activity, including:

- visiting the canteen
- exercising
- using communal areas
- spending time in the open air
- using the bathroom
- receiving visits.



In the exceptional circumstances of the COVID-19 outbreak, it may be necessary to restrict visits of family and friends, legal representatives, etc. Such rules will be temporary and kept in place only as long as is necessary to prevent the virus from entering the prison. Restrictions of this kind have been shown to be highly effective in fighting the pandemic, keeping you and your loved ones safe.

To stay in touch with your family and friends, you may (for a limited period) have to use non-contact alternatives (e.g. phone or Skype). Your help and understanding of these and other necessary measures are essential.

Please note that if you have **a fever, a cough and/or difficulty breathing**, you should report it and seek medical assistance straightaway.

If you develop the COVID-19 disease, for your safety and the safety of others, you will be put into medical isolation until there can be further medical evaluation and testing. If any specialized care is required, be assured that you will be transferred to the appropriate units.

### The correct way to wash your hands

1. Wet hands with water.
2. Apply enough soap to cover all hand surfaces.
3. Rub hands palm to palm.
4. Right palm over left back of hand with interlaced fingers, and vice versa.
5. Palm to palm with fingers interlaced.
6. Backs of fingers to opposing palms with fingers interlocked.
7. Rotational rubbing of left thumb clasped in right palm, and vice versa.
8. Rotational rubbing, backwards and forwards, with clasped fingers of right hand in left palm, and vice versa.
9. Rinse hands with water.
10. Dry hands thoroughly with a single-use towel.
11. Use towel to turn off tap, if applicable.

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