

COVID 19 INFO SHEET

WHAT IS COVID 19?

- It's a new strain of the coronavirus, which causes a cold that can lead to pneumonia. It didn't exist before this winter. This means NO ONE is immune.
- It's **very contagious**. It spreads like the common cold or worse. It lives in (saliva) spit and (mucus) snot. It lives on metal or plastic surfaces (phones, tables, hand rails) for DAYS.
- Current estimates are that about half (50%) of all people in the world will get coronavirus this year. That's 1 in 2.
- Fortunately, most folks will be fine. If you catch, it you might not even notice, because most people don't get super sick. In fact, some people, especially young people, get infected and don't feel a thing.
- Because it's so contagious, even if you don't feel sick when you catch it, it uses you to reproduce. The virus turns your nose into a virus making machine, so you'll spread it without even knowing it.

HOW DOES THIS AFFECT ME?

- If you're young and healthy- it might not affect you at all.
- If you are older and have asthma, high blood pressure or diabetes, you are at higher risk that the virus could turn into pneumonia (an infection goes to a person's lungs making it difficult to breathe).
- Because its so contagioius, social visits have been stopped (for now).
- Movement within facilities will be limited.
- Limited group programming
- Smaller number of people out for rec (if at all)
- If you have symptoms, you may be kept separate (quarantined) to be monitored more closely and cared for appropriately.
- Medications will be reviewed and renewed to reduce face to face contact, to prevent interruption in care.

HOW CAN I PROTECT MYSELF?

- As much as possible, stay away from people. Don't touch things. Don't touch people. Avoid being around others as much as possible.
- **Cover your mouth** with your elbow when you sneeze or cough.
- **Wash your hands often** – Soap actually works. If you need more, please alert staff.
- Clean your cell.
- Don't shake hands/ hug/ or fist bump.
- When possible, keep 6 feet from you and another person (social distancing).
- If you feel like you have a fever, tell someone immediately

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WHAT YOU CAN DO TO HELP SLOW THE SPREAD

- Avoid unnecessary requests to be seen by medical. The fewer people in medical, the better.
- Let medical staff be available for those folks who do get sick and need their attention.
- If you are sick, or having problems with medications, please write to be seen.
 - We ask that you write specific requests; so, if possible, staff can triage the request and, if able, address your request in writing.
 - *As always*, tell staff if you are having a medical emergency
- Avoid close contact with others, avoid shaking hands, fists bumps and hugs
- Cover your mouth with your elbow if you sneeze or cough
- Wash your hands often

WHAT STAFF IS DOING

- We are taking temps of all employees before entering their facilities to reduce the possible spread to our population.
- We are taking temps of all inmates when they are leaving and returning into our facilities including a COVID 19 screening.
- Staff is practicing social distancing and good handwashing techniques
- Staff is going to work together to make sure you have what you need to get through this time.

WHAT WE CAN DO TOGETHER

- Stay patient and understand that this is a situation we have never been in before
- It takes EVERYONE's commitment to practice the above to slow the spread.
- We will need to be flexible and adapt to this situation as we learn more- What we do today may need to change tomorrow. We will make every effort to keep you all informed as soon as we can.
- We don't know how quickly things will change. Our goal is to keep **EVERYONE** safe and healthy. **ALL** decisions being made are for that goal.
- We understand this is going to be difficult. If at any time you are having difficulty dealing with this and have thoughts to hurt yourself, **PLEASE TELL STAFF IMMEDIATELY.**