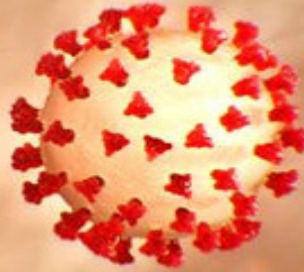


Our Mission

The Department of Correction shall strive to be a global leader in progressive correctional practices and partnered re-entry initiatives to support responsive evidence-based practices aligned to law-abiding and accountable behaviors. Safety and security shall be a priority component of this responsibility as it pertains to staff, victims, citizens, and offenders.

SPECIAL EDITION

Coronavirus (COVID-19) Information



From the Commissioner



As part of the Agency's ongoing effort to keep you informed on topics related to the COVID-19 pandemic, I am pleased to share with you this special edition of the Pride at Work newsletter. Within these pages you will find information dealing with virtually every aspect of the coronavirus from the source and spreading of the virus, to information to those caring for individuals infected with the virus. There is also information on "flattening the curve;" how to best clean your

phone; where to find additional resources; and much more.

The majority of the information in this special addition of the newsletter is taken directly from the Centers for Disease Control and Prevention (CDC) website – so you know it is accurate and up-to-date as possible.

If there is a silver lining in this "cloud" that is the Covid-19 pandemic, it is that I know I can count on you to step up to the plate to perform your duties in a professional and compassionate manner. Even more so, I have little doubt that many of you will go above and beyond when needed to ensure the safe and humane operation of our facilities.

Please take the time to read this informative and important information.

Now more than ever, I cannot thank you all enough for your commitment to this great Agency. I feel truly honored to work with such an incredible group of people.

January 29, 2020
through
March 17, 2020

Distributed bimonthly
to 5,500 staff
and via the Internet
throughout Connecticut
and the nation
by the
Department of Correction
24 Wolcott Hill Road
Wethersfield, CT 06109

Ned Lamont
Governor

Rollin Cook
Commissioner

Web address:
www.ct.gov/doc

Public Information
Office telephone:
(860) 692-7780
Fax: (860) 692-7783

Source and Spread of the Virus

Coronaviruses are a large family of viruses that are common in people and many different species of animals, including camels, cattle, cats, and bats. Rarely, animal coronaviruses can infect people and then spread between people such as with MERS-CoV, SARS-CoV, and now with this new virus (named SARS-CoV-2).

The SARS-CoV-2 virus is a betacoronavirus, like MERS-CoV and SARS-CoV. All three of these viruses have their origins in bats. The sequences from U.S. patients are similar to the one that China initially posted, suggesting a likely single, recent emergence of this virus from an animal reservoir.

Early on, many of the patients at the epicenter of the outbreak in Wuhan, Hubei Province, China had some link to a large seafood and live animal market, suggesting animal-to-person spread. Later, a growing number of patients reportedly did not have exposure to animal markets, indicating person-to-person spread. Person-to-person spread was subsequently reported outside Hubei and in countries outside China, including in the United States. Some international destinations now have apparent community spread with the virus that causes COVID-19, as do some parts of the United States. Community spread means some people have been infected and it is not known how or where they became exposed.

How COVID-19 Spreads

Person-to-person spread

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Can someone spread the virus without being sick?

- People are thought to be most contagious when they are most symptomatic (the sickest).
- Some spread might be possible before people show symptoms; there have been reports of this occurring with this new coronavirus, but this is not thought to be the main way the virus spreads.

Spread from contact with contaminated surfaces or objects

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

How easily the virus spreads

How easily a virus spreads from person-to-person can vary. Some viruses are highly contagious (spread easily), like measles, while other viruses do not spread as easily. Another factor is whether the spread is sustained, spreading continually without stopping.

The virus that causes COVID-19 seems to be spreading easily and sustainably in the community (“community spread”) in some affected geographic areas.

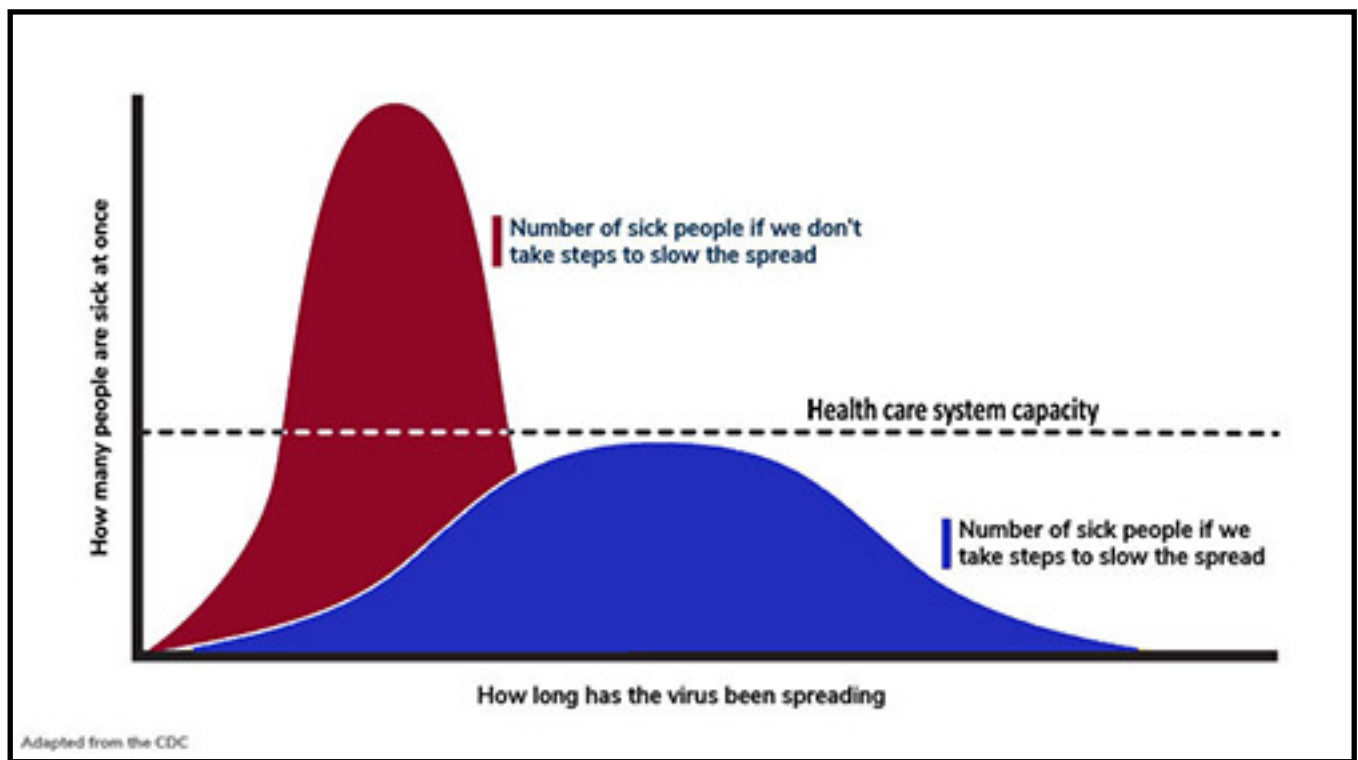
Community Spread

Community Spread means people have been infected with the virus in an area, including some who are not sure how or where they became infected.

Flattening the Curve

As the coronavirus continues to spread in the U.S., more and more businesses are sending employees off to work from home. Public schools are closing, universities are holding classes online, major events are getting canceled, and cultural institutions are shutting their doors. Even Disney World and Disneyland are [set to close](#). The disruption of daily life for many Americans is real and significant — but so are the potential life-saving benefits.

It's all part of an effort to do what epidemiologists call flattening the curve of the pandemic. The idea is to increase social distancing in order to slow the spread of the virus, so that you don't get a huge spike in the number of people getting sick all at once. If that were to happen, there wouldn't be enough hospital beds or mechanical ventilators for everyone who needs them, and the U.S. hospital system would be overwhelmed. Italy's healthcare system is currently being overwhelmed by the number of patients who are seeking care after having contracted the coronavirus.



The “flattening the curve” chart illustrates the wave of new coronavirus cases expected to hit. A high curve means the virus is spreading quickly; some people won't get the medical care they need, and the number of deaths is likely to increase. A low curve means coronavirus is spreading slowly, which gives doctors the time and resources to treat more people and hopefully save more lives.

The notion that the curve of this outbreak could be flattened began to gain credence after China took the extraordinary step of locking down tens of millions of people days in advance of the Lunar New Year, to prevent the virus from spreading around the country from Wuhan, the city where the outbreak appears to have started. Many experts at the time said it would have been impossible to slow a rapidly transmitting respiratory infection by effectively shutting down enormous cities — and possibly counterproductive.

But the quarantines, unprecedented in modern times, appear to have prevented explosive outbreaks from occurring in cities outside of Hubei province, where Wuhan is located. Since then the spread of the virus in China has slowed to a trickle.

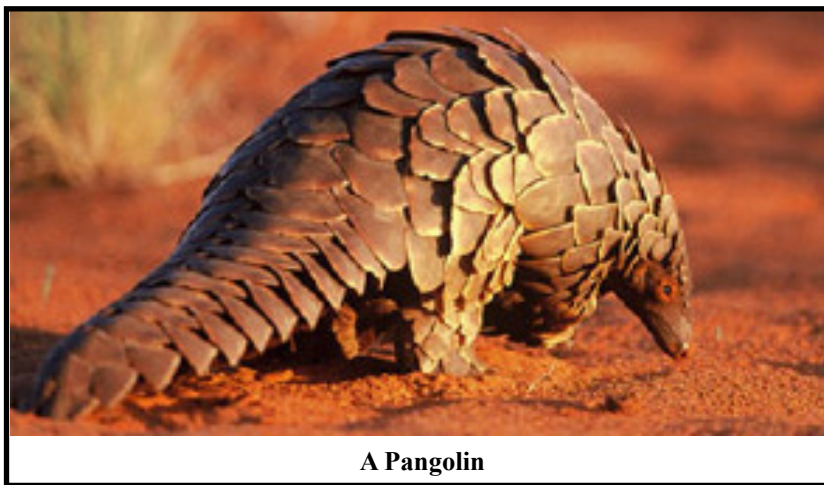
COVID-19 and Animals

Should I be concerned about pets or other animals and COVID-19?

While this virus seems to have emerged from an animal source, it is now spreading from person-to-person in China. There is no reason to think that any animals including pets in the United States might be a source of infection with this new coronavirus. To date, CDC has not received any reports of pets or other animals becoming sick with COVID-19. At this time, there is no evidence that companion animals including pets can spread COVID-19. However, since animals can spread other diseases to people, it's always a good idea to wash your hands after being around animals.

Should I avoid contact with pets or other animals if I am sick with COVID-19?

You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus. When possible, have another member of your household care for your animals while you are sick. If you are sick with COVID-19, avoid contact with your pet. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a facemask.



A Pangolin

The animal source of the Coronavirus

While one theory places the blame on a bat, genetic analyses have come up short of pinpointing the exact culprit so far. Currently one of the prime suspects is the pangolin, a long-snouted, scaly, ant-eating mammal virtually unknown in the West, but widely prized in China as a delicacy and for its purported medicinal virtues.

Around the Cell Block



FLORIDA - A 25-year-old Florida man was arrested for swiping a roll of toilet paper from a parked car. The thief had a roll of toilet paper in his hoodie pocket when police confronted him near his home. The roll was allegedly removed from a six-pack of TP with the remaining five rolls left in the vehicle. The item the man is accused of stealing is valued at \$1. The alleged heist resulted in a felony charge of burglary.

OHIO – The Struthers Ohio Police Department tried to add some light-heartedness to the situation by posting the following on their Facebook page: “Due to the coronavirus, the police department is asking that all criminal activities stop until further notice. Thank you for your anticipated cooperation in the matter. We will update you when we deem it’s appropriate to proceed...”

<p style="text-align: center;"><i>Total Supervised Population on March 17, 2020</i></p> <p style="text-align: center;"><i>16,890</i></p> <p style="text-align: center;"><i>On March 17, 2019 the population was 18,006</i></p>

ADDITIONAL RESOURCES

ESI Employee Assistance Group

This rapid evolving situation is unsettling for all of us. If you or any employee or family member covered by ESI needs EAP assistance to deal with anxiety or stress, **simply call 1.888.327.1060 to reach a counselor.**

Employee Assistance Unit Toll-Free Number

The recently created Employee Assistance Unit (EAU) has added an important new feature to help those needing assistance, an official toll-free dedicated EAU phone number.

EAU toll-free phone number: 844 - 997- 4EAU (4328)

The number is intended to be an immediate telephonic portal for all DOC staff, retirees, and family/loved ones seeking assistance, support, resources/referrals, and guidance for personal and/or job-related problems affecting one's overall well-being and quality of life.

Coughing & Sneezing

Source: Centers for Disease Control and Prevention

Hygiene etiquette involves practices that prevent the spread of illness and disease. A critical time to practice good hygiene etiquette is when you are sick, especially when coughing or sneezing. Serious respiratory illnesses like influenza, respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS) are spread by:

- Coughing or sneezing
- Unclean hands
 - Touching your face after touching contaminated objects
 - Touching objects after contaminating your hands

To help stop the spread of germs:

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Put your used tissue in a waste basket.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.

Remember to wash your hands after coughing or sneezing:

- Wash with soap and water, or
- Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, as is common in many parts of the world, use soap and available water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

Cough etiquette is especially important for infection control measures in healthcare settings, such as emergency departments, doctor's offices, and clinics. One final practice that helps prevent the spread of respiratory disease is avoiding close contact with people who are sick. If you are ill, you should try to distance yourself from others so you do not spread your germs. Distancing includes staying home from work or school when possible.

How to Clean and Disinfect

Wear disposable gloves when cleaning and disinfecting surfaces. Gloves should be discarded after each cleaning. If reusable gloves are used, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other purposes. Consult the manufacturer's instructions for cleaning and disinfection products used. Clean hands immediately after gloves are removed.

If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.

For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective.

Diluted household bleach solutions can be used if appropriate for the surface. Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.

Prepare a bleach solution by mixing:

5 tablespoons (1/3rd cup) bleach per gallon of water or

4 teaspoons bleach per quart of water

EPA-approved antimicrobial products are expected to be effective against COVID-19 based on data for harder to kill viruses. Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.). For the list of EPA-approved antimicrobial products go to the Health Information and Advisories page on the Department of Correction website:

<https://portal.ct.gov/DOC/Common-Elements/Common-Elements/Health-Information-and-Advisories>

For soft (porous) surfaces such as carpeted floor, rugs, and drapes, remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces. After cleaning:

Launder items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely,

Clean Your Phone

Smartphone screens may be the surface we touch the most. Other, similar coronaviruses are known to live on glass for up to four days. If you have been touching your phone with viral hands, then you do a beautiful job washing those hands, and then you touch your phone again, you may have just re-contaminated yourself.

The Centers for Disease Control and Prevention currently recommends once a day. Apple now says it is OK to use alcohol wipes to clean the outside of your iPhone. The company previously said using cleaning products on devices could deteriorate layers of the phone designed to repel oil and water. The change from Apple comes as people around the world are hyper-conscious about hygiene and sanitation as the novel coronavirus, or COVID-19, continues to spread.

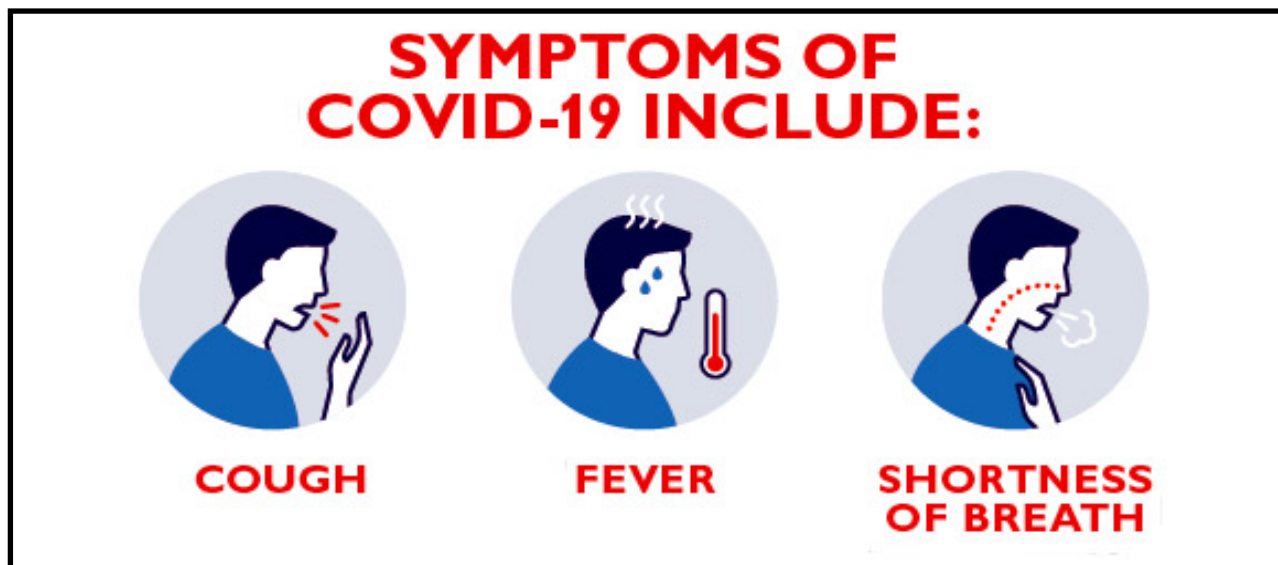
Apple's new cleaning policy reads as follows:

Using a 70 percent isopropyl alcohol wipe or Clorox Disinfecting Wipes, you may gently wipe the exterior surfaces of your iPhone. Don't use bleach. Avoid getting moisture in any openings, and don't submerge your iPhone in any cleaning agents.



Caring for someone with the Coronavirus

Household members, intimate partners, and caregivers in a non-healthcare setting may have close contact with a person with symptomatic, laboratory-confirmed COVID-19 or a person under investigation. Close contacts should monitor their health; they should call their healthcare provider right away if they develop symptoms suggestive of COVID-19 (e.g., fever, cough, shortness of breath) (see Interim US Guidance for Risk Assessment and Public Health Management of Persons with Potential Coronavirus Disease 2019 (COVID-19) Exposure in Travel-associated or Community Settings.)



Anyone in close contact with an individual who is symptomatic or has been confirmed to have contracted COVID-19 should also follow these recommendations:

- Make sure that you understand and can help the patient follow their healthcare provider's instructions for medication(s) and care. You should help the patient with basic needs in the home and provide support for getting groceries, prescriptions, and other personal needs.

- Monitor the patient's symptoms. If the patient is getting sicker, call his or her healthcare provider and tell them that the patient has laboratory-confirmed COVID-19. This will help the healthcare provider's office take steps to keep other people in the office or waiting room from getting infected. Ask the healthcare provider to call the local or state health department for additional guidance. If the patient has a medical emergency and you need to call 911, notify the dispatch personnel that the patient has, or is being evaluated for COVID-19.

- Household members should stay in another room or be separated from the patient as much as possible. Household members should use a separate bedroom and bathroom, if available.

- Prohibit visitors who do not have an essential need to be in the home.

- Household members should care for any pets in the home. Do not handle pets or other animals while sick. For more information, see COVID-19 and Animals.

- Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window, weather permitting.

- Perform hand hygiene frequently. Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

The Best way to Cover your Sneeze or Cough

Reprinted with permission from the Texas A&M University Health Science Center

It is normal to sneeze and cough. Those are the body's natural reflexes to oust an invader—whether everyday allergens or germs that cause respiratory illness. Although you've probably sneezed and coughed countless times in your life, this common bodily function has suddenly become an alarm bell for a major new global concern: COVID-19, a respiratory disease caused by the newest human coronavirus.

Sneezes and coughs spread all kinds of germs, and it's best to cover them the correct way to prevent spreading illness. Headlines of the new coronavirus creeping its way across the globe is a good reminder that the best way to protect our communities from widespread transmission of illness is to practice good basic hygiene every day: wash your hands, avoid touching your face, avoid sharing beverages and utensils, stay home if you're sick and cover your sneezes and coughs. So, what is the most effective technique for covering a sneeze or cough? We tested it out.

With no barrier – Don't do it

Sneezing or coughing with no hands won't just embarrass your parents, it will likely shoot germs over ten feet to other surfaces, where they can live for weeks until someone comes in contact with them. It makes you rethink touching those elevator buttons or picking up magazines in a waiting room. Be sure to have some antibacterial wipes handy.

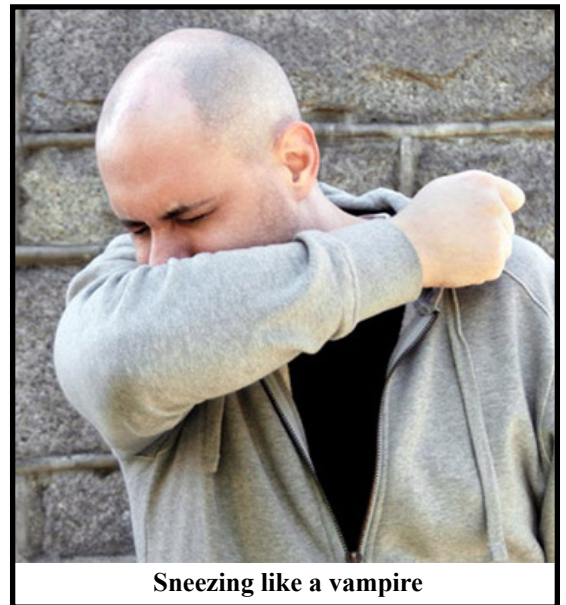
Using your hands—Your evolutionary germ-catcher

Although this is a good way to keep germs from spraying all over the place, it's almost counterproductive if you don't scrub your hands clean afterwards. Sneezing or coughing in your hands is a good way to spread germs to your computer, phone, doorknobs—or someone else if you shake their hand.

If you catch yourself using your hands to barricade the germs, be sure to wash your hands with soap, friction and warm water for at least 20 seconds. Using hand sanitizer does not substitute for good old hand washing.

Using your sleeve—The “vampire” method

Using your sleeve is a good way to cover your sneeze or cough with smaller risks of contamination. Although it isn't the best way to keep germs from traveling, some experts suggest it is better than using your hands because you are less likely to touch surfaces or other people with your sleeve than you are with your hands. Just be sure to cover your nose and mouth.



Sneezing like a vampire

Use a tissue—Tried and true

If your allergies have been acting up, or if you're battling the flu, a cold or possible COVID-19, then keep some tissues nearby, if not for your sake, then for everyone else's. Using—and then throwing away—a tissue is the best way to keep germs from spreading like wildfire. Be sure to wash your hands afterwards for good measure.



Follow us on Twitter
Connecticut DOC @ CT



Guidelines for Caregiver from page 7

-Avoid touching your eyes, nose, and mouth with unwashed hands.

-The patient should wear a facemask when you are around other people. If the patient is not able to wear a facemask (for example, because it causes trouble breathing), you, as the caregiver, should wear a mask when you are in the same room as the patient.

-Wear a disposable facemask and gloves when you touch or have contact with the patient's blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, urine.

- Throw out disposable facemasks and gloves after using them. Do not reuse.

- When removing personal protective equipment, first remove and dispose of gloves. Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of facemask,

and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.

- Avoid sharing household items with the patient. You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items. After the patient uses these items, you should wash them thoroughly (see below "Wash laundry thoroughly").

- Clean all "high-touch" surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning

spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

- Wash laundry thoroughly.

Immediately remove and wash clothes or bedding that have blood, stool, or body fluids on them.

Wear disposable gloves while handling soiled items and keep soiled items away from your body. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after removing your gloves.

Read and follow directions on labels of laundry or clothing items and detergent. In general, using a normal laundry detergent according to washing machine instructions and dry thoroughly using the warmest temperatures recommended on the clothing label.

- Place all used disposable gloves, facemasks, and other contaminated items in a lined container before disposing of them with other household waste. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after handling these items. Soap and water should be used preferentially if hands are visibly dirty.

- Discuss any additional questions with your state or local health department or healthcare provider. Check available hours when contacting your local health department.



Wash your hands with soap and water for at least 20 seconds