

# 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.

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

## **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.

When out of your cell, you must wear your mask that covers your nose and mouth.

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.

Cough and sneeze into your elbow or a tissue, and throw the tissue in a trash can.

Avoid sharing eating utensils, dishes, and cups.

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.

## **What to Do if You Feel Sick**

### **Sign up for Sick Call**

Most of you have been tested for the virus with a swab in your nose. If you are infected with the virus, you may be moved to another area.

**If you have further questions or concerns – please contact your Unit Manager or Housing Unit Staff.**