



COVID-19 PREVENTION AND CONTROL AMONG PEOPLE LIVING IN PRISON

People in prison should enjoy quality health care that is at least equivalent to that available in the community, and should have access to necessary health-care services free of charge without discrimination on the grounds of their legal status.

HOW DOES COVID-19 SPREAD?

COVID-19 is a disease that can be passed from one person to another. The disease primarily spreads through small droplets which are produced from the nose or mouth, when a person with COVID-19 coughs, sneezes or talks.

People can become infected with the COVID-19 virus through two main routes:

- ▶ by breathing in droplets from a person with COVID-19 who coughs out or exhales droplets.
- ▶ by touching contaminated objects or surfaces and then touching their eyes, nose or mouth.

The World Health Organization (WHO) provides the latest evidence on the ways COVID-19 is spread at <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>.

WHAT ARE THE SYMPTOMS OF COVID-19?

Infection with COVID-19 may be without any symptoms. The most common symptoms are similar to the common cold and include fever, tiredness and dry cough. Some people may begin with other symptoms, such as aches and pains, nasal congestion, runny nose, sore throat, inability to smell or taste, or diarrhoea.

ADVICE FOR PRISONERS

- Participate in information sessions on how to prevent infection and what to do if symptoms develop in yourself or someone else, if available.

- Regularly wash your hands for at least 20 seconds with soap and water.



- Avoid touching your eyes, nose and mouth.



- Prevent transmission by catching coughs and sneezes in your elbow or in a tissue if available; then throw the tissue in a bin with a lid.



- Physically distance yourself from others, if possible, by maintaining at least 1 metre (3 feet) distance at all times.



- Follow preventive hygiene measures by keeping clean and getting as much fresh air as possible, under the overall guidance of the health service.

- Notify staff immediately if you are feeling unwell or notice someone else feeling unwell.

- Continue taking medication for other health conditions, e.g. HIV, TB, HCV, drug dependence, mental health.



- Stay connected. If visits are stopped, request alternatives such as telephone or Skype calls. You always have the right to contact your legal representative.

