

What is COVID?

COVID-19 is caused by the SARS-CoV-2 virus. It is part of the coronavirus family, which includes common viruses that cause a variety of diseases from head or chest colds to more severe (but rarer) diseases like severe acute respiratory syndrome.

Like many other lung viruses, coronaviruses spread quickly through droplets that you project out of your mouth or nose when you breathe, cough, sneeze, or speak.

Communicable Disease Branch
Corrections Team

Covid-19 While Incarcerated: The Basics



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Public Health

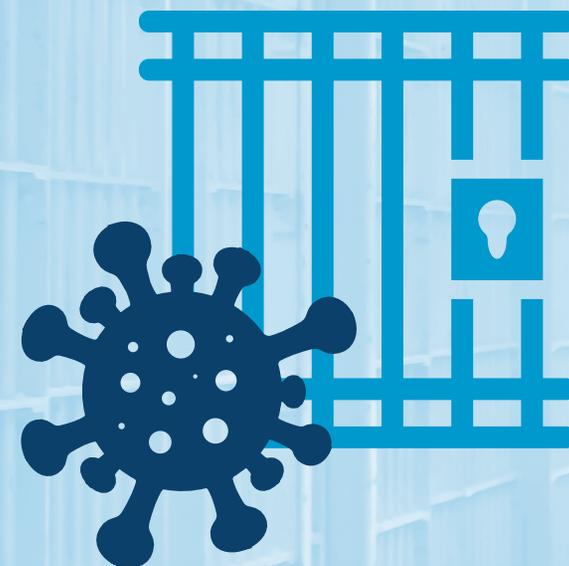
Communicable Disease Branch
Corrections Team

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SIGNS & SYMPTOMS:



Fever or chills



Cough



Shortness of breath or difficulty breathing



Fatigue



Muscle or body aches



Headache



New loss of taste or smell



Sore throat



Congestion or runny nose



Nausea, vomiting or diarrhea

Alert officers or medical staff if you feel you have any of these symptoms for testing

WHEN TO SEEK EMERGENCY MEDICAL ATTENTION

Look for emergency warning signs* for COVID-19:

- Trouble or change in your breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

*This list is not all possible warning signs or symptoms. Notify officers for any other symptoms that are severe or concerning to you.

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COVID MYTHS:

MYTH: You can protect yourself from COVID-19 by injecting, swallowing, bathing in or rubbing onto your body bleach, disinfectants or rubbing alcohols.

FACT: These products are highly toxic and should never be swallowed or injected into the body.

MYTH: I've had COVID-19, so I'm immune.

FACT: It's possible to get COVID-19 more than once. Even if you've had COVID-19, you should still wear a mask while incarcerated and maintain a safe distance when possible.

MYTH: COVID-19 vaccines can alter my DNA.

FACT: COVID-19 vaccines do not change or interact with your DNA in any way.

MYTH: COVID-19 vaccines contain microchips.

FACT: COVID-19 vaccines do not contain microchips. Vaccines are developed to fight against disease and are not administered to track your movement.

MYTH: Getting a COVID-19 vaccine will cause me to test positive on a viral test.

FACT: None of the authorized and recommended COVID-19 vaccines can cause you to test positive on viral tests, which are used to see if you have a current infection.

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REFERENCE

[Myths and Facts about COVID-19 Vaccines | \(cdc.gov\)](#)

[Covid-19 — Myth Versus Fact | Johns Hopkins Medicine](#)

[Guidance on Management of COVID-19 in Homeless Service Sites and in Correctional and Detention Facilities | \(cdc.gov\)](#)

Other available brochures: Covid 19 While Incarcerated: How to Protect Yourself