

How can I protect myself while incarcerated?

Due to their enclosed nature and shared housing spaces, congregate living spaces pose a higher risk of contracting COVID than when residing in the community. Therefore, additional measures are needed for prevention while detained.

Communicable Disease Branch
Corrections Team

Covid 19 While Incarcerated: How to Protect Yourself



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

Communicable Disease Branch
Corrections Team

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WEAR A MASK

Wear a mask when indoors to protect yourself and others from spreading the virus. If a mask is not provided request one from an officer.

Ensure the mask covers both your mouth and nose to be effective.



AVOID CLOSE CONTACT

Stay as far apart as you can from someone while incarcerated. Six (6) feet apart is recommended, but this may not be possible in the jail setting.

Some helpful tips to keep your distance:

- If sleeping in bunks, position yourself head to feet (not head-to-head) with the next person.
- If there are people you can't distance yourself from, try to keep this group as small as possible.
- Refrain from touching your eyes, nose, and mouth - all parts of your face where COVID-19 can enter your body.
- Regularly clean surfaces that multiple people touch daily.



WASH YOUR HANDS OFTEN

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

If soap and water aren't available but hand sanitizer is, it must be at least 60 percent alcohol to work. Use the same technique: Cover the fronts and backs of your hands and wrists with sanitizer and rub them together for 20 seconds.

Proper handwashing is more important than wearing gloves.

Try to wash or sanitize your hands every time you leave and return to your cell.



COVER COUGHS AND SNEEZES

- **If you are wearing a mask:** You can cough or sneeze into your mask. Put on a new, clean mask as soon as possible and wash your hands.
- **If you are not wearing a mask:**
 - Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Do not spit.
 - Throw used tissues in the trash.
 - Immediately **wash your hands** with soap and water for at least 20 seconds.



GET VACCINATED

COVID-19 Vaccines...

- have been proven effective at preventing you from getting sick.
- are highly effective at preventing severe illness, hospitalizations, and death.
- have now gone through the same strict studies that all vaccines go through to ensure they are safe and are fully FDA approved.
- are recommended for people who are pregnant, breastfeeding, trying to get pregnant now, or might become pregnant in the future

Let an officer or facility medical staff know if you would like to receive the vaccine.

REFERENCE

[Guidance on Management of COVID-19 in Homeless Service Sites and in Correctional and Detention Facilities | www.cdc.gov/coronavirus/2019-ncov/community/homeless-correctional-settings.html](https://www.cdc.gov/coronavirus/2019-ncov/community/homeless-correctional-settings.html)

[Stop Germs! Wash Your Hands | www.cdc.gov/handwashing/pdf/wash-your-hands-fact-sheet-508.pdf](https://www.cdc.gov/handwashing/pdf/wash-your-hands-fact-sheet-508.pdf)

[COVID-19 Survival Guide for Prisoners | The Marshall Project | www.themarshallproject.org/2020/05/05/covid-19-a-survival-guide-for-incarcerated-people](https://www.themarshallproject.org/2020/05/05/covid-19-a-survival-guide-for-incarcerated-people)

Other available brochures: Covid 19 While Incarcerated: COVID-19 Basics

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