COVID-19 PREPAREDNESS AND RESPONSE IN PLACES OF DETENTION

Basic precautionary measures

**WASH**
Wash hands with soap and water often and particularly before eating and before and after visiting the bathroom.

**AVOID**
Don’t touch your face with your hands. Hands touch many surfaces which can be contaminated with the virus. If you touch your face with unclean hands, you can transfer the virus from the surface to yourself.

**ATTENTION**
Keep physical distance of at least 2 meters from other people (if possible) and avoid non-essential physical contact, particularly if the person is coughing, sneezing or has fever.

**CAUTION**
If you cough or sneeze, do so into the bend of your elbow, not your hand. Another way is to cover your cough or sneeze with a tissue, then throw the tissue in the trash. In both cases, wash your hands with soap and water immediately.

**PROTECT**
If you have any symptoms of COVID-19 or observe others with symptoms, inform the prison administration immediately and seek medical care.

**CALM**
Keep calm and follow written and verbal instructions issued by the prison staff.

**HOW TO WASH YOUR HANDS**
- Wet hands
- Apply soap
- Rub hands
- Lather backs
- Scrub between fingers
- Rub backs of fingers on opposing palms
- Clean thumbs
- Wash fingernails
- Rinse hands
- Dry with towel
- Use towel to turn off faucet
- Your hands are clean