

May 28th,
2021

AIC
Newsletter



POWDER RIVER NEWS

Weekly Weather

Saturday May-29	Sunday May-30	Monday May-31	Tuesday June-1	Wednesday June-2	Thursday June-3	Friday June-4
71/38	75/44	79/47	84/52	88/56	85/51	80/51
Partly Sunny	Partly Sunny	Partly Sunny	Partly Sunny	Sunny	Sunny	Sunny

As a reminder...

All AIC's are still required to wear a face covering when they are indoors, regardless of distance from others. All AIC's are still required to wear a face mask when they are outdoors. While on PRCF yard AIC's will wear masks at all times regardless of distance until further notice. AICs refusing to wear a mask are subject to progressive discipline.

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To All Adults in Custody,

Yesterday, the Centers for Disease Control and Prevention (CDC) and the Oregon Health Authority issued new guidance for lifting mask and social distancing requirements for fully-vaccinated individuals. It is yet another sign that, if we all continue to do our part, the pandemic is coming closer to an end.

Starting May 13, 2021:

- Oregonians who are fully-vaccinated no longer need to wear masks or social distance in *most public spaces*.
- There are a few exceptions, such as public transportation, hospitals, **correctional facilities**, and long-term care facilities

Thank you for your continuing to wear masks and keeping yourselves and those around you safe.

A todos los adultos bajo custodia,

Ayer, los Centros para el Control y la Prevención de Enfermedades (CDC) y la Autoridad de Salud de Oregón emitieron una nueva guía para los requisitos de levantamiento de máscara y distanciamiento social para personas completamente vacunadas. Es una señal más de que, si todos seguimos haciendo nuestra parte, la pandemia se acerca a su fin.

A partir del 13 de mayo de 2021:

- Los residentes de Oregon que están completamente vacunados ya no necesitan usar máscaras o distancia social en la mayoría de los espacios públicos.
- Hay algunas excepciones, como el transporte público, los hospitales, las instalaciones correccionales y las instalaciones de atención a largo plazo.

Gracias por seguir usando máscaras y por mantenerse a salvo a sí mismos y a quienes los rodean.

Lifting LOP

LOP will be lifted on Memorial Day, Monday, May 31st.
Lifted times are from 5:30 am to 9:50 pm.



Message from Admin

PRCF Mailroom & Admin offices will close for Memorial Day, Monday, May 31st.



From the Business Office :

When submitting a CD-28 check request please attach the CD-28 to the outside of the envelope.



Prison Rape Elimination Act (PREA Information)

The Oregon Department of Corrections (ODOC) has a zero tolerance policy for sexual abuse, sexual harassment and for retaliation for reporting an incident. You may report in person to any staff, through an inmate communication, through the grievance system, by calling the PREA hotline by dialing 9 from any inmate phone.

Filing an Anonymous PREA Report

If you are uneasy about filing a PREA allegation, you may file an anonymous report with an outside agency.

You may write to:

Governor's Office of Constituent Services 900
Court Street NE, Suite 160
Salem, Oregon 97301

Please indicate in the beginning of your letter you are filing a PREA allegation and you are requesting to remain anonymous. The Governor's Office will refer all anonymous allegations to the DOC PREA Coordinator to assure an investigation is completed based off the information that is provided.

Community-Based PREA Advocacy (Support) Program

ODOC has partnered with community based, confidential advocates of sexual abuse victims to provide services to inmates.

Inmates at ODOC who have experienced sexual abuse may reach a community-based advocate by dialing 711 inmate telephone systems, or may request a private call through the PREA Compliance Manager at the facility. Advocates provide victims of sexual abuse information about their options, resources, information and emotional support. There is no charge for calls to advocates.

Role of an Advocate:

- Provide confidential support and crisis intervention
- Inform you about the investigation and medical examination process
- Educate you about healing from sexual abuse
- Offer resources and referrals

Advocates will:

- Not tell you what to do
- Not communicate with the institution unless you request them to do so and sign a release
- Not provide legal advice

Community-based advocacy centers provide sexual abuse support to people of all genders. Community-based advocates will not report unless you request them to do so and if you sign a release of information.



DOC is committed to providing inmates with avenues to seek assistance. Below are additional resources:

Just Detention International Headquarters 3325 Wilshire Blvd., Suite 340
Los Angeles, CA 90010

The community-based advocacy crisis line is for individuals needing assistance coping with sexual abuse related issues and should not be used for other purposes.

Telephone calls and mail with community-based advocacy centers is considered privileged communication and will be handled similar to legal calls/official mail.

If you have any other questions regarding PREA, you may ask any staff member, write the PREA Compliance Manager at your institution, or you may write:

E. Sage, PREA Coordinator

Oregon Department of Corrections 2575
CenterSt.NE
Salem, Oregon 97301

Notices & Updates

WORK PROGRAMS

To increase safety of work environment, temperature check and wearing mask may be required. Refusing to follow safety protocol is subject to disciplinary actions.

IWP Notice

As a friendly reminder, work assignments are done according to the operational needs of the institution.

If you are under pre-release status you are allowed to participate in all Road to Success training.

Tasks related to release can be done outside your work assignment schedule.

UNAUTHORIZED AREA REMINDER

As a reminder, you are not authorized to be in any location in the facility not designated by assignment, program activity, call-out or staff directive. You are not authorized to be in any location, including your work area, without prior staff approval or call-out and only during your scheduled work times. Do not report for appointments or call-outs earlier than 5-minutes prior to the call-out time indicated. This includes the Multi-Purpose Building.

Yard Notice

Please continue to practice Social Distancing and follow your Unit Schedule. Face Coverings are to be worn at all times.

IRS

For AIC's receiving letters from the IRS requesting calls to confirm your identity, the 1-800 has been added to Centurlylink/ICS call list so you can make those calls from your Housing Units. Please note that there may be a considerable wait time before you are able to speak with a representative with the IRS. ODOC staff will not be facilitating these calls for you.

Notices & Updates

UNION SUPPLY Direct
OREGON
Summer Package Program 2021

NEW PROGRAM!
SAVE ON SUMMER FAVORITES
SPEND UP TO
\$150
ON
FOOD, PERSONAL CARE & NUTRITIONAL ITEMS

FIRST DAY TO ORDER: TUESDAY, MAY 3RD
LAST DAY TO ORDER: THURSDAY, MAY 30TH

PACKAGES WILL BE SHIPPED SHORTLY FOLLOWING THE END OF THE ORDER TAKING PERIOD.

ORDER FORMS CAN BE FOUND IN HOUSING UNITS.

ORINMATEPACKAGE.COM

In May a pilot program will launch at ODOC institutions. Families and friends, of AICs, will have the opportunity to order a care package to be sent to AICs quarterly. This program is called the Oregon Quarterly Package Program. The vendor is Union Supply Group.

Program information:

Order Forms and posters are scheduled to be delivered the week of April 26th. These materials are for you to view and will be placed in the Housing Units.

Items on Menu: there are 175 items on the menu consisting of food, vitamins and hygiene items.

Ordering Period May 3rd – May 30th

Who can order? Family and friends may order. NO AIC Orders Allowed. The order forms have been provided as an example to assist your family and friends.

Order Dollar Limit There is a \$150 spending limit per AIC. Multiple orders may be placed but cannot exceed a combined total of \$150. There is also a shipping fee of \$6.95.

Orders will arrive at SRCI mid-late June. The orders will be distributed through CRS By the Recreation staff.

Please remember personal property is to be secured inside your property drawer and your drawer locked every time you leave your cell/bunk area. All state-issued and personal property, including Canteen, must be stored in your drawer unless otherwise specifically identified as follows as being an item authorized to be stored on a shelf, table, the floor or gray tote (in the dormitories).

To: All Adults in Custody
From: Agency Operations Center (AOC)
Date: March 15, 2021
Subj: PRAS Points

At the beginning of the COVID-19 pandemic, many work assignment opportunities for adults in custody (AICs) were put on hold, and PRAS points continued to be awarded. As DOC makes recovery plans and starts to plan for more normal operations, we will discontinue PRAS points for jobs shut down by COVID. If your job was put on hold due to COVID-19 – and you continued to receive points for that job – effective May 1st, 2021, you will no longer receive PRAS points for a position shut down due to COVID. If your position is impacted, you will be removed from the assignment and placed in a new work assignment or in a work eligible pool.

There are many work opportunities available at all DOC institutions. Please see the staff at your facility to find out what work opportunities are available.

Para: Todos los adultos bajo custodia
Desde: Centro de operaciones de la agencia (AOC)
Fecha: 15 de marzo de 2021
Asunto: Puntos PRAS

Al comienzo de la pandemia de COVID-19, se suspendieron muchas oportunidades de asignación de trabajo para adultos bajo custodia (AIC) y se continuaron otorgando puntos PRAS.

A medida que DOC haga planes de recuperación y comience a planificar operaciones más normales, descontinuaremos los puntos PRAS para los trabajos cerrados por COVID. Si su trabajo se suspendió debido a COVID-19, y continuó recibiendo puntos por ese trabajo, a partir del 1 de mayo de 2021, ya no recibirá puntos PRAS por un puesto cerrado debido a COVID. Si su puesto se ve afectado, se le quitará de la asignación y se le colocará en una nueva asignación de trabajo o en un grupo de trabajo elegible.

Hay muchas oportunidades laborales disponibles en todas las instituciones del DOC. Consulte al personal de su centro para averiguar qué oportunidades de trabajo están disponibles.



OREGON DEPARTMENT OF CORRECTIONS

On April 23, the U.S. Food and Drug Administration (FDA) and US Centers for Disease Control and Prevention (CDC) in collaboration with the Advisory Committee on Immunization Practices (ACIP) lifted their recommendation to pause use of the Johnson and Johnson COVID-19 vaccine.

The pause began on April 13 after six cases of a rare but severe type of blood clot were reported following administration of the J&J vaccine. The FDA, CDC, and ACIP reviewed data on reports of this very rare condition and voted to continue their recommendation of the J&J vaccine for people 18 years and older. The clotting disorder, called Thrombosis-Thrombocytopenia Syndrome (TTS), has appeared in 15 individuals out of about 8 million doses already administered. This means you have a 0.0001875% chance of experiencing TTS as a side effect of the vaccine. The Acting FDA Commissioner stated they “are confident that this vaccine continues to meet our standards for safety, effectiveness and quality.”

Effective immediately, the Oregon Department of Corrections will resume offering the Johnson and Johnson vaccine to all adults in custody.

If you choose to receive the vaccine, Health Services staff will provide you with more detailed information on the vaccine.

El 23 de abril, la Administración de Drogas y Alimentos de EE. UU. (FDA) y los Centros para el Control y la Prevención de Enfermedades (CDC) de EE. UU., En colaboración con el Comité Asesor sobre Prácticas de Inmunización (ACIP), levantaron su recomendación de pausar el uso de Johnson and Johnson COVID-19 vacuna.

La pausa comenzó el 13 de abril después de que se informaran seis casos de un tipo de coágulo sanguíneo poco común pero grave después de la administración de la vacuna J&J. La FDA, el CDC y el ACIP revisaron los datos de los informes de esta rara enfermedad y votaron a favor de continuar con su recomendación de la vacuna J&J para personas mayores de 18 años. El trastorno de la coagulación, llamado síndrome de trombosis-trombocitopenia (STT), ha aparecido en 15 personas de aproximadamente 8 millones de dosis ya administradas. Esto significa que tiene un 0,0001875% de posibilidades de experimentar TTS como efecto secundario de la vacuna. El comisionado interino de la FDA declaró que “confían en que esta vacuna sigue cumpliendo con nuestros estándares de seguridad, eficacia y calidad.”

Con efecto inmediato, el Departamento de Correcciones de Oregón reanudará la oferta de la vacuna Johnson and Johnson a todos los adultos detenidos.

Si elige recibir la vacuna, el personal de Servicios de Salud le proporcionará información más detallada sobre la vacuna.



OREGON DEPARTMENT OF CORRECTIONS

WHY YOU NEED TO WEAR A MASK (EVEN IF YOU GOT THE VACCINE)

- Vaccines do not provide immediate protection.
- COVID-19 vaccines may not prevent you from spreading the virus.
- Some vaccinated people may not build up as much protection against the virus as others.
- Masks protect people with compromised immune systems.
- Masks protect against any strain of the virus, and multiple strains have been found in Oregon.



This information is based on guidance from the Centers for Disease Control and Prevention (CDC) and the Oregon Health Authority (OHA)



OREGON DEPARTMENT OF CORRECTIONS

POR QUÉ NECESITA USAR UNA MÁSCARA (INCLUSO SI RECIBIÓ LA VACUNA)

- Las vacunas no brindan protección inmediata.
- Es posible que las vacunas COVID-19 no le impidan propagar el virus.
- Es posible que algunas personas vacunadas no acumulen tanta protección contra el virus como otras.
- Las máscaras protegen a las personas con sistemas inmunológicos comprometidos.
- Las máscaras protegen contra cualquier cepa del virus y se han encontrado múltiples cepas en Oregon.



This information is based on guidance from the Centers for Disease Control and Prevention (CDC) and the Oregon Health Authority (OHA)



State of Oregon
Department of Corrections Commissary

Date: Tuesday, May 18, 2021
To: Adults in Custody 
From: Anita Nelson, Statewide Commissary Operations Manager
Subject: Commissary News, Updates and Reminders

Commissary News:

Due to year-end inventory, all items on the Incentive Order Form will be suspended from May 24, to July 12, 2021.

Any orders submitted for suspended items during this period will not be processed. Normal sales of these items will resume beginning July 12, 2021.

Thank you for your continued support of DOC Commissaries.

From the Administrative Rules Program:

Below is the list of status changes made to DOC administrative rules since 03/01/21.

PROPOSED RULES:

291-127 Visiting

- These rule amendments are needed to clarify the department's eligibility criteria for prospective visitors and to establish that the amendments to OAR 291-127-0415(2)(i) apply retroactively to all persons who have previously submitted an application, or who submit an application, to visit with an adult in custody (inmate) prior to, on, and after the effective date of these rule amendments.
- Last day to provide comments: 06/01/21
Temporary Rules Effective: 04/01/21 – 09/27/21

PERMANENT RULES

291-097 Prison Term Modification

- Amends the rules to implement statutory language changes and to clarify rule language to provide for easier understanding of the processes.
Effective: 04/07/21

291-100 Sentence Computation

[These rule amendments clarify what information the Department needs in a judgment in order to fully compute the sentences imposed in that judgment. In addition, these rule amendments are needed to explain how the Department will interpret potentially ambiguous language in judgments that impose one or more consecutive sentences.](#)

Effective: 04/06/21

291-201 AIC Assignment Management

- Amends the rules to align with updated statutory language and references.
Effective: 04/16/21

Rulemaking comments must be provided to the DOC Rules Coordinator in writing at the address in the rulemaking notice. Communications submitted should be limited to providing comments on only one division/topic per communication. Do not include multiple divisions/topics in one communication, they will be returned. DOC rules are available for review and copies in the AIC law library.

Financial Services Electronic Communication Form

Financial Services encourages adults in custody (AICs) to use the electronic CD214 Financial Services AIC Communication Form accessible on the tablet. This communication tool is an environmentally friendly, efficient, and convenient way for AICs to address trust account questions and concerns. Paper communications can take longer to process while electronic communications allow our Business Services and Central Trust staff to better support our AIC population.

Below are the steps to navigate through the tablet screens and access the electronic forms.

Once logged onto the tablet, go to the messaging application.

Select '*Offender Initiated*' in the '*Staff Messaging*' section.

Click on the '+' in the bottom right corner of the screen to write a new message.

Select '*CD214 – Financial Services AIC Communication Form.*'

Choose the appropriate topic, and then type your question or concern.

Please remember the Financial Services AIC Electronic Communication Form is to be used for Financial Service/Trust-related questions and concerns. Please do not use this communication tool to address commissary or other unrelated matters.

Formulario de Comunicación Electrónica de Servicios Financieros

Financial Services alienta a los adultos en custodia (AIC) a utilizar el Formulario Electrónico de Comunicación CD214 Financial Services AIC al que se puede acceder en la tableta. Esta herramienta de comunicación es una forma conveniente, eficiente y respetuosa con el medio ambiente para que los AIC aborden las preguntas y inquietudes de las cuentas fiduciarias. Las comunicaciones en papel pueden tardar más en procesarse, mientras que las comunicaciones electrónicas permiten que nuestro personal de Servicios Comerciales y Central Trust apoye mejor a nuestra población de AIC.

A continuación se muestran los pasos para navegar por las pantallas de la tableta y acceder a los formularios electrónicos.

- Una vez que haya iniciado sesión en la tableta, vaya a la aplicación de mensajería.
 - Seleccione "Iniciado por delincuentes" en la sección "Mensajes del personal".
- Haga clic en el "+" en la esquina inferior derecha de la pantalla para escribir un mensaje nuevo.
 - Seleccione "CD214 - Formulario de Comunicación de AIC de Servicios Financieros".
- Elija el tema apropiado y luego escriba su pregunta o inquietud.

Recuerde que el Formulario de Comunicación Electrónica de la AIC de Servicios Financieros se debe utilizar para preguntas e inquietudes relacionadas con servicios financieros / fideicomisos. No utilice esta herramienta de comunicación para tratar asuntos relacionados con el economato u otros asuntos no relacionados.

SEASONAL RECRUITMENT

Adults in Custody Fire Team



Do you need a job skill? Would you like to work in the forest? Do you want to be trained to fight fires? Then you need to apply to be a part of the DOC's Adults in Custody Fire Team.

To qualify for this exciting opportunity, you:

- ✦ Must be a Classification Level 1 Unfenced or Classification Level 2 Community
- ✦ Your projected release date or start date of eligibility window for treatment should be after 10/01/21.
- ✦ You must be medically approved to work in the forest. You must be reasonably fit to perform the duties of the assignment with no asthma or heart conditions.

You must be approved by your counselor **(Do not request authorization from your counselor. Please submit application directly to Ms. Pimentel)**

You will be automatically disqualified if you:

- ✦ Have been convicted of a sexual offense, including attempts
 - ✦ Have been designated "predatory" in any State
- Have been convicted of Arson or attempt

Working as a wild land firefighter is long, hard, strenuous work. The hours can be 10-16 hours a day in inclement weather over uneven terrain, requiring climbing, bending, stooping, digging and lifting up to 50 pounds repetitively. Pre-qualified candidates must pass the Pack Test (walk 3 miles with 45lbs pack in 45 minutes). If you are selected, you will be trained in wild land fire-fighting and possibly an additional 40 hours of chainsaw training. In addition, your training may include various natural resource topics and also First Aid and CPR Certification.

The benefits are priceless – you would be working outdoors in a natural setting as part of a team assisting the Oregon Department of Forestry in maintaining healthy forests and protecting them from wild land fires. You will receive a certificate of program completion and upon release you will have a job skill in the wildland fire fighting field.

Firefighters earn the following:

- ✦ PRAS of 14-17 points per day (Camp Support 14 and Fire Suppression 17), **plus**
 - ✦ Meritorious award of \$3 per day on fire, **plus**
- General Savings bonus \$3 per day per fire

Date: October 8, 2020

To: All Adults in Custody

From: Agency Operations Center

In an effort to further decrease the spread of COVID-19, DOC has enhanced face coverings for distribution to DOC employees and adults in custody (AICs). New research and guidance from the Centers for Disease Control and Prevention (CDC) and discussion with Oregon Health Authority encourage the highest level of protection available.

The enhanced face coverings may provide more protection from aerosols than a cloth face covering. Face coverings are a critical tool in the fight against COVID-19 that could reduce the spread of the disease. The enhanced face coverings are not mandatory. Cloth face coverings are still acceptable. Three of these face coverings will be available for each employee and AIC through Health Services at each location. They should be allowed to dry completely before reuse. More face coverings will be available each month for replacement as necessary. These will arrive at all locations in the coming days. We cannot stress enough the importance of doing everything in your power to help stop reduce the spread of COVID-19. Wash your hands, keep your distance, and please – wear a mask.

Fecha: 8 de Octubre de 2020

Para: Todos los Encarcelados

Desde: Centro de Operaciones de la Agencia

En un esfuerzo por reducir aún más la propagación de COVID-19, el DOC ha mejorado las cubiertas faciales para distribuirlas a los empleados del DOC y a los presos. Las nuevas investigaciones y la orientación de los Centros para el Control y la Prevención de Enfermedades (CDC) y la discusión con la Autoridad de Salud de Oregon fomentan el más alto nivel de protección disponible.

Los revestimientos faciales mejorados pueden proporcionar más protección contra los aerosoles que un revestimiento facial de tela. Las cubiertas faciales son una herramienta fundamental en la lucha contra COVID-19 que podría reducir la propagación de la enfermedad. Los revestimientos faciales mejorados no son obligatorios. Los revestimientos faciales de tela siguen siendo aceptables.

Tres de estas cubiertas faciales estarán disponibles para cada empleado y preso a través de los Servicios de Salud en cada ubicación. Deben dejarse secar completamente antes de volver a usarlos. Más cubiertas faciales estarán disponibles cada mes para reemplazo según sea necesario. Estos llegarán a todas las ubicaciones en los próximos días.

No podemos enfatizar lo suficiente la importancia de hacer todo lo que esté a su alcance para ayudar a detener la reducción de la propagación de COVID-19. Lávese las manos, mantenga la distancia y, por favor, use una máscara.

To All Adults in Custody,
Effective Wednesday, August 12, 2020, all adults in custody are required to have a face covering with them any time they leave their cell or bunk area. A face covering will be worn when interacting with staff or others when 6 feet of social distance cannot be maintained. Adults in custody who refuse to wear a face covering will be given a daily fail if at a work site, or it will be handled through progressive discipline.

- Meals – Masks are not required while consuming food.
- Recreation – On recreation yards, if within 6 feet of someone, a face covering must be worn. If 6 feet of social distancing can be maintained, then the face covering can be removed.
- Work – At work sites, anyone within 6 feet of others refusing to wear a face covering after being reminded, will be issued a daily fail.
 - Indoor work crews, such as call centers, will have plexiglass barriers installed if the work area does not allow for 6-foot distance in spacing.
 - Outside work crews that allow for 6 feet of social distancing are able to remove their mask. Refusal to wear a mask while on an outside crew will not result in the crew being canceled; however, the adult in custody refusing will be issued a daily fail.
- Anyone within 6 feet of others who refuses to wear a face covering after being reminded will be handled with progressive discipline as authorized by the functional unit manager.

Additional cloth masks will be provided to you. Do not modify these masks with writing or other changes, or they may be confiscated. DOC has recently enhanced face covering requirements for DOC staff as well. For both AICs and staff refusing to wear face coverings, discipline is possible.

Researchers from around the world have found **wearing even a basic cloth face covering works better to prevent the spread of Covid-19 than wearing nothing at all.** And new research shows masks could offer some personal protection from the virus, in addition to protecting others.

Robert Redfield, director of the Centers for Disease Control and Prevention (CDC), said he believes **the pandemic could be brought under control over the next four to eight weeks if “we could get everybody to wear a mask right now.”** (WSJ, July 18, 2020)



YOU MAY HAVE LESS CHANCE OF GETTING COVID-19.

IF YOU DO GET COVID-19 WHILE WEARING A MASK:

- You may have fewer symptoms.
- You will likely pass the virus to fewer people.
- Everyone will have a better chance of surviving the virus.

WEARING A MASK MAKES SENSE.

ODOC HEALTH SERVICES COVID-19 FAQ

How can I help protect myself from COVID-19?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Follow social distancing advice and avoid being in close contact, if possible, with those that are ill.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds.

Is there a vaccine for COVID-19?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment for COVID-19?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms. There are drugs under scientific investigation, however.

How is ODOC Health Services ensuring I am staying safe during the COVID-19 pandemic?

Health Services has taken an active role in teaching adults in custody and staff about the importance of hygiene and social distancing and the role we all play in keeping us all safe and healthy. Health Services has also changed how they provide routine health care services. Provider clinics, medication lines, and the provision of nursing care has been modified to reduce the risk of coronavirus transmission. Most importantly, Health Services is committed to continually assessing our patient health care needs and modifying operations to ensure all adults in custody receive timely and safe health care services during the pandemic.

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

How does COVID-19 spread?

The virus that causes COVID-19 likely emerged from an animal source but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes – but this is not thought to be the main way the virus spreads.

What are the symptoms of COVID-19?

Patients with COVID-19 can have mild to severe respiratory illness often associated with flu-like symptoms:

- fever and/or chills
- cough
- shortness of breath
- body aches
- decreased appetite

Please report any respiratory symptoms promptly to Health Services. Ask your unit officer to call the Clinic ASAP. Please do not wait to report your symptoms via an AIC Communication.

Who is at a higher risk for severe illness from COVID-19?

COVID-19 is a new disease, and there is limited information regarding risk factors for severe disease.”

Based on currently available information and clinical expertise, older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19.

Novel Coronavirus (COVID-19)

What can YOU do?

- Wash your hands often with soap and water **for at least 20 seconds**, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay in your cell or housing unit when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect your personal area frequently.

So, what are the FACTS? (from the Centers for Disease Control and Prevention)

- There is presently no vaccine for COVID-19.
- There is no specific-antiviral cure for COVID-19.
- Symptom relief, close medical monitoring, and standard precautions are the standard-of-care.
- The coronavirus is spread through the air by coughing and sneezing, touching an object or surface with the virus on it, then touching your mouth, nose, or eyes.

As with any health condition, ***YOU*** are the best person to take care of ***YOUR*** health! If you think you may have been exposed to COVID-19, please contact Health Services immediately.

ODOC HEALTH SERVICES FAQ

WHAT IS A PANDEMIC?

A pandemic is a global outbreak of disease. Pandemics happen when a new virus begins to infect people and can spread between people sustainably. Because people have little to no immunity against the new virus, it spreads worldwide.

On March 11th, the COVID-19 outbreak was characterized as a pandemic by the WHO.

Pandemics progress in an orderly but disruptive manner. There are many factors which affect the progression of a pandemic (e.g. social distancing, health care availability, etc.). Different countries can be in different phases of the pandemic at any point in time and different parts of the same country can also be in different phases of a pandemic.

HOW DID COVID-19 DEVELOP?

COVID-19 is caused by a new coronavirus. Coronaviruses are a large family of viruses that are common in people and many different species of animals, including camels, cattle, cats, and bats. Rarely, animal coronaviruses can infect people and then spread between people, but it can happen. This has happened in the past with MERS (Middle Eastern Respiratory Syndrome), SARS (Severe Acute Respiratory Syndrome), and now with this new virus, COVID-19.

The genetic profile of the COVID-19 virus taken from U.S. patients is like the one that China initially reported and leads researchers to believe that his virus came from an animal, specifically a bat. Bats are also believed to the source of MERS and SARS.

Pandemics are not new. They don't happen frequently, but they do occur. In the past century, there have been four pandemics caused by the emergence of new influenza (flu) viruses. This is the first pandemic known to be caused by a new coronavirus (COVID-19).

HOW SICK DOES COVID-19 MAKE PEOPLE?

How sick people get when infected with COVID-19 is not completely known. Reported illnesses have ranged from very mild (including some with no reported symptoms) to severe, including illness resulting in death. Information so far suggests that the majority of COVID-19 illnesses are mild. How sick a person will become when infected can vary depending on their age, immune system function, underlying health conditions and general overall health. As you have seen in the news, the elderly (over age 65) have been more affected by COVID-19 than younger people. People with serious underlying medical conditions — like serious heart conditions, chronic lung disease, and diabetes, for example — also seem to be at higher risk of developing serious COVID-19 illness. Serious illness is estimated to be around 20% of all COVID-19 patients, but it is difficult to tell exactly what percentage of people will become seriously ill with any certainty. COVID-19 and the health complications it causes for patients is very new to health care providers. Health care providers are still learning how the virus behaves and what treatments are most effective and over time the hope is that the more that is learned about COVID-19 will result in fewer people becoming seriously ill.

ODOC HEALTH SERVICES FAQ

WHAT IS THE DIFFERENCE BETWEEN QUARANTINE AND ISOLATION?

Quarantine is used to keep someone who might have been exposed to COVID-19 away from others to help limit the spread. Someone in quarantine stays separated from others, and they limit movement outside of their current place. A person may have been exposed to the virus without knowing it (e.g., when traveling out in the community), or they could have the virus without feeling symptoms.

Isolation is used to separate sick people from healthy people. People who are in isolation should stay separate from others. Anyone with suspected or confirmed COVID-19 infection should separate themselves from others by staying in a specific “sick” area and use a different bathroom (if possible).

Isolation is not punishment. Isolation is the only way we currently can prevent uninfected people from becoming infected. Without isolation an infected person could potentially make everyone around them sick.

HOW CAN I REDUCE MY RISK OF BECOMING INFECTED WITH COVID-19?

Practice good hygiene:

- Wash your hands, especially after touching any frequently used item or surface
- Avoid touching your face
- Sneeze or cough into a tissue, or the inside of your elbow.
- Disinfect frequently used items and surfaces as much as possible.

Wear your utility mask any time you are outside your cell.

Avoid social gatherings.

HOW DOES ONE SAFELY STERILIZE/CLEAN A CLOTH FACE COVERING?

A washing machine should suffice in properly washing a face covering.

HOW DOES ONE SAFELY REMOVE A USED CLOTH FACE COVERING?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.

HOW CAN I HELP MYSELF STAY AS HEALTHY AS POSSIBLE IF I AM DIAGNOSED WITH COVID-19?

- Drink plenty of fluids
- Stay active = Sit at the edge of your bed / Walk around your room frequently
- Perform deep breathing exercises
- Take all prescribed medications
- Keep a positive attitude
- Communicate any change in your condition to Health Services staff immediately

CDC. (2020). Coronavirus (COVID-19). Retrieved April 15, 2020, from <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>.