



Powder River

AIC Newsletter

November 12, 2021

WEEKLY WEATHER

Saturday Nov. 13	Cloudy
	52/36
	Sunday Nov. 14
	Cloudy
	52/37
	Mostly Cloudy
Monday Nov. 15	Rain
	50/33
	Partly Cloudy
Tuesday Nov. 16	Partly Cloudy
	44/28
	Partly Cloudy
Wednesday Nov. 17	Partly Cloudy
	39/27
	Partly Cloudy
Thursday Nov. 18	Partly Cloudy
	40/27
	Partly Cloudy
Friday Nov. 19	Cloudy
	40/27
	Mostly Cloudy

From the Office of the Institution Security Manager:

This week we were able to gain approval from the Agency Operations Center to allow the AIC's while walking/running the track in the yard the ability to remove your masks. However there are a couple of stipulations. First you must maintain the 6 foot social distancing rule while walking/running. Second, if you are in the weight areas, wearing a mask is mandatory. In all other areas of the institution masks are still mandatory.

I want to reiterate that our correctional institutions are governed by several different federal and state agencies who set our policies and direct our operations. This list starts with the Centers for Disease Control & Prevention (CDC), The Governor's Office, Oregon Health Authority (OHA), Occupation Safety and Health Administration (OSHA). Many of you may not be aware that the CDC as well as OSHA has specific policies and guidelines for correctional institutions that we are required to follow no matter what directive the Governor issues for the general public.

Thank you everyone for continuing to follow the mask mandates, and as we continue to step down and we get further guidance I will continue to communicate with you here in the newsletter.

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State of Oregon Department of Corrections Commissary

DATE: *WEDNESDAY, NOVEMBER 10, 2021*
TO: Adults in Custody
FROM: Sallie Jurgensmeier, Distribution Services Statewide Operations Manager
SUBJECT: Commissary News, Updates and Reminders

Reminders:

Please note that Commissaries statewide continue to see product orders shorted or items not being shipped at all with numerous production delays from manufacturers. We are continuing to work with each vendor to replenish stock on hand. Your patience is appreciated as we are working diligently to ensure all products are available.

Soda tickets will only be credited if an AIC has been transferred to a different facility. The AIC has 30 days from the date of transfer to submit an AIC communication form requesting a credit from the commissary where the soda tickets were purchased. You must include the unused soda tickets and a receipt as proof of purchase. The receipt may not be more than 90 days old from the date of request. Commissary will not issue credit for damaged tickets or issue credit if the soda machine takes your ticket without dispensing a soda.

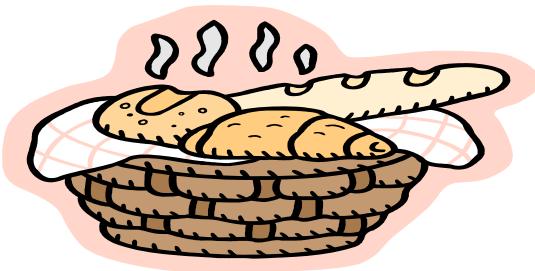


State of Oregon Department of Corrections Commissary

DATE: *THURSDAY, OCTOBER 07, 2021*
TO: Adults in Custody
FROM: Sallie Jurgensmeier Distribution Services NWC Manager
SUBJECT: Commissary News, Updates and Reminders

News:

Due to the rising cost our vendors have notified us of a price increase on some of the products we carry in commissary. Please note that over the next couple of weeks you will see an increase on the commissary order forms. These increases are due to but not limited to increasing transportation cost and or increasing packaging costs. Commissary prices, items and sizes are subject to change without notice.



Pastry Update

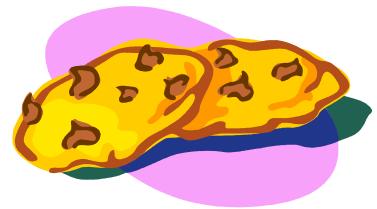
You may submit orders for Pastries
Until 11/15/2021 Monday morning before
8:20am

Pastries will be distributed Tuesday 11/16/2021

Pastry Bag

12 tickets for 1 order which includes the following items

- 1 Hand Apple Pie
- 1 Cinnamon Roll
- 3 Brownies
- 3 No Bake Bars
- 6 Chocolate Chip Cookies



Only 1 Order per AIC

You may only use tickets you have purchased.

You May use tickets you have won from tournaments, volunteer work or from activities club to purchase pastries.

* * * Please use only one (1) staple to attach your tickets * * *

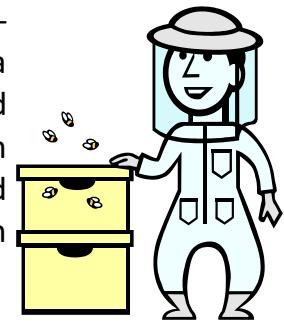
**Pick up day please come during your time
Please bring a pen**



Pastry Pick up	
1East	9:45 – 9: 55
1West	
2East	10:00 – 10:10
2West	
3	9:30 – 9:40

What's all the buzz about?

Honeybees are responsible for approximately 80% of all fruit, vegetable and seed crops in the U.S. Beekeepers have recently been experiencing unexplained colony collapse, a complete disappearance of bees from a hive. As part of the ODOC's sustainability project, Powder River is offering an apprenticeship level beekeeping program. The beekeeping program will be a yearlong course that is a combination of class room and hands on learning and maintaining of honey bee hives. Upon completion of the apprenticeship program you will be certified through the Washington Master Beekeeping Program and would be eligible to continue the journeyman and master levels through the Oregon State University (OSU) after release.



Minimum Requirements: one year left before release date or entering treatment; must be outside cleared; must have GED or enrolled to obtain GED; incentive 3 level; **NO known bee allergies**.

Cost: **\$20.00 for workbook.** CD28 Instructions:

- a. Purpose: Bee Keeping Class
- b. Payable to: PRCF Art #2480

Classes start in March, 2022

If classes conflict with your work assignment, you must arrange with Work Supervisor to attend classes.

Please keep in mind that this will be an educational course and will not be counted as work, you will receive PRAS points at the level of any other education program.



To enroll please send a communication and complete a CD28 to Ms. Pimentel by 15 January, 2022

To: All Adults in Custody
From: Correctional Services Division
Subject: Process for Commutation Letters of Support

Governor Brown has been considering commutation for adults in custody (AICs) in the Oregon Department of Corrections (DOC). A video with information on commutations is available on AIC televisions statewide. The video mentions "DOC letters of support." DOC has created a process for these letters so they can become a part of the commutation record received by the Governor's office and the Board of Parole and Post-Prison Supervision (BOPPPS).

All letters issued by DOC will come from the DOC's Correctional Service Division, and NOT individual employees of the Department of Corrections or Oregon Corrections Enterprises (OCE).

What this means for you:

- If you are applying for commutation to the Governor's office, the completed commutation package must be received by the Governor's office **BEFORE** a letter of support is sent.
- Please feel free to work with a DOC or OCE employee you believe supports your commutation application, but know that individual will not be sending the letter directly to the Governor's office or BOPPPS office. Rather, the letter will be sent from DOC's Correctional Services Division.
- If you are working with an employee that is unsure of the process, that employee should contact the Correctional Services Division directly for more information.

Para: Todos los adultos en custodia
De: División de Servicios Correccionales
Asunto: Proceso de Comutación de Cartas de Apoyo

La Gobernadora Brown ha estado considerando la comutación para adultos bajo custodia (AIC) en el Departamento Correccional de Oregon (DOC). Un video con información sobre comutaciones está disponible en los televisores AIC en todo el estado. El video menciona "cartas de apoyo del DOC". El DOC ha creado un proceso para estas cartas para que puedan convertirse en parte del registro de comutación recibido por la oficina de la gobernadora y la Junta de Supervisión de Libertad Condicional y Post Prisión (BOPPPS).

Todas las cartas emitidas por el DOC provendrán de la División de Servicios Correccionales del DOC y NO de empleados individuales del Departamento de Correcciones o de las Empresas Correccionales de Oregon (OCE).

Lo que esto significa para ti:

- Si solicita la comutación a la oficina del gobernador, la oficina del gobernador debe recibir el paquete de comutación completo **ANTES** de que se envíe una carta de apoyo.
- No dude en trabajar con un empleado del DOC o OCE que crea que respalda su solicitud de comutación, pero sepia que esa persona no enviará la carta directamente a la oficina del gobernador o la oficina de BOPPPS. Más bien, la carta se enviará desde la División de Servicios Correccionales del DOC.
- Si está trabajando con un empleado que no está seguro del proceso, ese empleado debe comunicarse directamente con la División de Servicios Correccionales para obtener más información.

Activities Calendar

November 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 Photo and Activity Ticket P/U	5 Pastry Box Out	6
7	8	9	10	11 <i>Veterans Day</i>	12	13
14 CD-28's Turn in for Activity and Photo	15 Pastry Box Pick up	16 Pastry Pick Up	17	18 Photo and Activity Ticket P/U	19	20
21	22	23	24	25 <i>Thanksgiving</i>	26	27
28 CD-28's Turn in for Activity and Photo	29	30				

Photo and Activity Ticket Update!

Attention:

Photo and Activity tickets are being sold. The deadline for your CD-28 to be turned in is Sunday before the pick up. Next pick up of your tickets will be on Thursday November 18th. Watch calendar for updates.

You must come during your assigned times!

Please bring a pen when you come to pick your tickets

Photo and Activity Ticket Pick up	
1East	9:45 – 9:55
1West	
2East	
2West	10:00 – 10:10
3	9:30 – 9:40

NOTICES & UPDATES

IRS

For AIC's receiving letters from the IRS requesting calls to confirm your identity, the 1-800 has been added to CenturyLink/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.

Notice

AzureGreen a popular company that many AIC's receive religious items from will no longer be able to accept orders starting January 1, 2022 due to an acute labor shortage. Religious Services is hopeful of locating an alternative vendor soon.

2021 AIC Flu Vaccines are available and will be offered by unit. All AIC's will be called down to accept the vaccine or refuse it. A signature is required either way.

Covid Vaccines: The Johnson and Johnson Vaccine is still available for those who want the initial vaccine. Third Dose or Booster Vaccine, Moderna and Pfizer, are available. Please send a medical Kyte to request the third or booster dose. You must get the same vaccine as the first two.

Please reach out to medical if you have further questions about vaccines offered. Thank You.

K. Ramsay, RN BSN
Medical Services Manager
Powder River Correctional Facility

FAFSA not available to incarcerated students until 2023

The FAFSA Simplification Act, part of the Consolidated Appropriations Act of 2021, will expand eligibility for the federal Pell Grant to include incarcerated students. These students will be able to take advantage of the grant in 2023.

The DOC Education Office in Salem will give updates on when FAFSA applications are available.

PRE-RELEASE STATUS

For those of you who are in pre-release status the requirements to continue with work assignments do not change until release.

You are allowed to participate in all Road to Success trainings. Tasks related to release could be done outside your work assignment schedule.

Being engaged in productive work activity while incarcerated promotes successful re-entry to society with practical skills and viable work ethics.

As a friendly reminder, work assignments are done according the operational needs of the institution. Expectation of work is also established in the Oregon Constitution, Section 41, Article I.

Per ISM Rowley

Transitional Open Office Hours

Ms. Clig, Transition Coordinator
Open Office Hours
Thursdays – 9am to 10:30am

Check in at Officer's Station

MAILROOM NOTICES

TIPS FOR INCOMING GREETING CARDS: KEEP IT SIMPLE.

NO GLITTER.

NO STICKERS.

NO RIBBONS, SPRINGS, FOAM, ATTACHMENTS

NO UNUSED POSTAGE STAMPS.

NO BLANK CARDS, UNUSED ENVELOPES ETC.

DO NOT INCLUDE ITEMS SUCH AS COINS, CROSSES, ETC.

MOST IMPORTANT FOR BOTH INCOMING AND OUTGOING MAIL:

ALLOW EXTRA TIME FOR USPS TO DELIVER.

Per USPS, starting Friday, October 1st, they will “implement new service standards for First Class Mail and Periodicals.”

The changes will increase time-in-transit for mail.

WE DO NOT WANT TO VIOLATE AND/OR RETURN ANYONE'S CARDS, PHOTOS, BOOKS, ETC. SO PLEASE COMMUNICATE THE RULES AND GUIDELINES TO FRIENDS AND FAMILY.

For more information on these topics, see OARs 291-131-0015, 291-131-0020, 291-131-0025, and 291-131-0035.

For General Mail Question: Send a KYTE to Ms. DeVore or Mailroom.

Rejected Publication List

An updated rejected publication list is now posted on each unit at the officer stations. Please note this document is fluid and changes regularly.

If you have a publication that you want to order and want to know if it is approved before ordering please send a communication form to Ms. DeVore or the Mailroom with the proper book Name, Author and ISBN # (If you can obtain) Thank you.



OREGON DEPARTMENT OF CORRECTIONS

Flu Vaccine Clinics Coming Soon!

Look for your chance to manage your own health soon! Flu vaccine programs will begin in most institutions in early October.

The Oregon Department of Corrections is required by law to offer flu vaccine to all AICs on an opt-out basis. This means you will be given the opportunity to accept or decline a flu vaccine.

Frequently Asked Questions

Do healthy people need a flu vaccine?

Influenza (flu) is a contagious disease which affects the lungs and can lead to serious illness, including pneumonia. Even healthy people can get sick for a significant amount of time, or even be hospitalized. Flu vaccines are recommended for everyone incarcerated in our institutions. Individuals with certain chronic medical conditions like asthma, diabetes and heart disease are at increased risk of serious flurelated complications, so getting a yearly flu vaccine is especially important.

Is the flu vaccine safe?

Yes. Flu vaccines have an excellent safety record. They have been given to hundreds of millions of people for more than 50 years and have a very good safety track record. Each year, The Center for Disease Control (CDC) works closely with the U.S. Food and Drug Administration, and other partners to ensure the highest safety standards for flu vaccines.

The most common side effects of flu vaccines are mild.

Flu vaccines cannot cause flu illness; however, it can cause mild side effects that may be mistaken for flu. For example, people vaccinated with the flu shot may feel achy and may have a sore arm where the shot was given. These side effects are NOT flu. If experienced at all, these effects are usually mild and last only 1-2 days.

Can COVID-19 and flu vaccines be administered at the same time?

Yes. If a patient is eligible, both influenza and COVID-19 vaccines can be administered at the same visit, without regard to timing as recommended by CDC and its Advisory Committee on Immunizations Practices. If a you are due for both vaccines, you are encouraged to receive both vaccines at the same visit.



OREGON DEPARTMENT OF CORRECTIONS

¡Próximamente clínicas de vacunación contra la influenza!

¡Busque su oportunidad de controlar su propia salud pronto! Las programas de vacunación contra la influenza comenzarán en la mayoría de las instituciones a principios de octubre.

El Departamento de Correcciones de Oregon está obligado por ley a ofrecer la vacuna contra la influenza a todos los AIC sobre una base de exclusión voluntaria. Esto significa que se le dará la oportunidad de aceptar o rechazar una vacuna contra la influenza.

Preguntas Frecuentes

¿Las personas sanas necesitan una vacuna contra la gripe?

La influenza (gripe) es una enfermedad contagiosa que afecta los pulmones y puede provocar enfermedades graves, incluida la neumonía. Incluso las personas sanas pueden enfermarse durante un período de tiempo significativo o incluso ser hospitalizadas. Se recomiendan las vacunas contra la influenza para todas las personas encarceladas en nuestras instituciones. Las personas con determinadas afecciones médicas crónicas, como asma, diabetes y enfermedades cardíacas, corren un mayor riesgo de sufrir complicaciones graves relacionadas con la influenza, por lo que la vacunación anual contra la influenza es especialmente importante.

¿Es segura la vacuna contra la influenza?

Sí. Las vacunas contra la influenza tienen un excelente historial de seguridad. Se han dado a cientos de millones de personas durante más de 50 años y tienen un historial de seguridad muy bueno. Cada año, el Centro para el Control de Enfermedades (CDC) trabaja en estrecha colaboración con la Administración de Alimentos y Medicamentos de los EE. UU. Y otros socios para garantizar los más altos estándares de seguridad para las vacunas contra la influenza.

Los efectos secundarios más comunes de las vacunas contra la influenza son leves.

Las vacunas contra la influenza no pueden causar la enfermedad de la influenza; sin embargo, puede causar efectos secundarios leves que pueden confundirse con la gripe. Por ejemplo, las personas vacunadas con la vacuna contra la gripe pueden sentir dolor y pueden tener dolor en el brazo donde se aplicó la vacuna. Estos efectos secundarios NO son gripe. Si se experimentan, estos efectos suelen ser leves y duran solo de 1 a 2 días.

¿Se pueden administrar COVID-19 y las vacunas contra la influenza al mismo tiempo?

Sí. Si un paciente es elegible, las vacunas contra la influenza y COVID-19 se pueden administrar en la misma visita, sin importar el momento recomendado por los CDC y su Comité Asesor sobre Prácticas de Inmunizaciones. Si debe recibir ambas vacunas, se le recomienda que reciba ambas vacunas en la misma visita.



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.

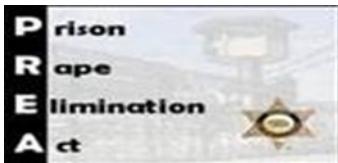
Role of an Advocate:

- ~ 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

STATE CLOTHING ALLOWED

<u>1 Each Denim Coat</u>	<u>1 Chambray shirt</u> <u>2 Chambray shirts</u> (Program)	<u>2 Pair Denim Pants</u>
<u>3 Each T-Shirts</u>	<u>2 Sweatshirts</u> 1 Sweatshirts (Program)	<u>1 Each Belt & Buckle</u>
<u>3 Pair Grey Dress Socks</u>		<u>2 Each Towels</u>
<u>3 Pair of Underwear</u>	<u>2 Blankets (Wool or Cotton)</u>	<u>2 Sheets and 1 Pillow Case</u>
<u>1 Pair State Tennis Shoes (if no personal shoes)</u>	<u>1 Pair of State Shower Shoes (if no personal shoes)</u>	<u>1 Pair Red Shorts</u> (if no personal blue shorts)

WORK CREW ONLY

<u>1 Pair Work Boots</u>	<u>2 Pair Work (boot) Socks</u>	<u>1 Pair Work Gloves</u>
	<u>1 Each Safety Vest</u>	

Work crew items must be turned back in when you are no longer assigned to a work crew. Work crew clothing is to be worn for work assignments only.

Clothing exchange is done on a one-for-one basis. You must bring the article of clothing you wish to exchange to R&D to get a replacement. If you do not have the article of clothing, and you have made an effort to find it, you are required to follow the proper state property re-issuance procedure. The forms are available on your units. (the process for returning clothing **does not** include turning items into the Unit Laundry buckets)

Do Not purposefully rip, tear, alter, or destroy any clothing or laundry bags in hopes of getting new ones. R&D does not have the extra clothing or budget to continue replacing damaged items. You can and will be held accountable if clothing appears to be purposefully destroyed.

Clothing exchange will occur Monday and Friday from at 6:30 am to 7:30 am. Coming into R&D outside of these hours, unless you've been called down, will result in you being held accountable, If there is an immediate need please talk with your unit officer.

COVID UPDATES

Update on COVID-19 Cases, Delta Variant, CDC and OHA Guidance

While the number of positive COVID-19 cases among adults in custody (AICs) and DOC employees have remained low since vaccines were made available earlier this year, Oregon communities have now been seeing a significant increase in cases.

In response, the Centers for Disease Control and Prevention (CDC) and the Oregon Health Authority (OHA) have updated masking guidelines to include vaccinated people in public spaces. While this does not change anything within prison walls because all AICs and staff have continued to wear masks, rising community cases and a return to increased safety measures are “sobering reminders that the pandemic is not over, especially for Oregonians who remain unvaccinated,” said Dr. Dean Sidelinger, state epidemiologist and state health officer.

The increase in cases can be tied back to the new Delta variant of COVID-19, which is a far more contagious mutation of the virus. According to Dr. Sidelinger, “the highly contagious Delta variant has increased tenfold in the past two weeks in Oregon, and it is now estimated to be associated with 80% of the new cases in Oregon.” The contagiousness and spread of the Delta variant have been compared to chickenpox.

We are all ready to return to normal life, but to protect yourself and others, please continue to wear masks, practice social distancing, maintain sanitation protocols, and speak to Health Services about getting vaccinated. The Centers for Disease Control and Prevention state that getting vaccinated prevents severe illness, hospitalizations, and death.

Actualización Sobre Casos de COVID-19, Variante Delta, Guíanza de CDC y OHA

Si bien el número de casos positivos de COVID-19 entre adultos bajo custodia (AIC) y empleados del DOC se ha mantenido bajo desde que se pusieron a disposición las vacunas a principios de este año, las comunidades de Oregon ahora han visto un aumento significativo en los casos.

En respuesta, los Centros para el Control y la Prevención de Enfermedades (CDC) y la Autoridad de Salud de Oregon (OHA) han actualizado las pautas de enmascaramiento para incluir a las personas vacunadas en los espacios públicos. Si bien esto no cambia nada dentro de los muros de la prisión porque todos los AIC y el personal han continuado usando máscaras, el aumento de casos en la comunidad y el regreso a mayores medidas de seguridad son “recordatorios aleccionadores de que la pandemia no ha terminado, especialmente para los residentes de Oregon que permanecen sin vacunar,” dijo el Dr. Dean Sidelinger, epidemiólogo estatal y funcionario de salud estatal.

El aumento de casos se puede relacionar con la nueva variante Delta de COVID-19, que es una mutación mucho más contagiosa del virus. Según el Dr. Sidelinger, “la variante Delta altamente contagiosa se ha multiplicado por diez en las últimas dos semanas en Oregon, y ahora se estima que está asociado con el 80% de los casos nuevos en Oregon.” El contagio y la propagación de la variante Delta se han comparado con la varicela.

Todos estamos listos para regresar a la vida normal, pero para protegerse y proteger a los demás, continúe usando máscaras, practique el distanciamiento social, mantenga los protocolos de higiene y hable con los Servicios de Salud sobre cómo vacunarse. Los Centros para el Control y la Prevención de Enfermedades afirman que vacunarse previene enfermedades graves, hospitalizaciones y muerte.

To All Adults in Custody,

Last week, the U.S. Food and Drug Administration expanded the use of a booster dose for all COVID-19 vaccines. Booster doses are available for all adults in custody (AICs) who have received their initial dose(s) of any COVID-19 vaccine.

- If you received the Moderna, the preference is a Moderna booster shot six months after your last dose.
- If you received Johnson & Johnson (J&J), J&J or Moderna are available if your initial dose was two or more months ago.
- Side effects are similar to those of the first doses.

Please contact Health Services to receive your COVID-19 booster dose, or if you have any questions.

A todos los adultos en custodia,

La semana pasada, la Administración de Drogas y Alimentos de EE. UU. expandió el uso de una dosis de refuerzo para todas las vacunas COVID-19. Las dosis de refuerzo están disponibles para todos los adultos bajo custodia (AIC) que hayan recibido su (s) dosis inicial (es) de cualquier vacuna COVID-19.

- Si recibió Moderna, la preferencia es una inyección de refuerzo de Moderna seis meses después de su última dosis.
- Si recibió Johnson & Johnson (J&J), J&J o Moderna están disponibles si su dosis inicial fue hace dos o más meses.
- Los efectos secundarios son similares a los de las primeras dosis.

Comuníquese con Servicios de Salud (Health Services) para recibir su dosis de refuerzo de COVID-19 o si tiene alguna pregunta.

Date: September 28, 2021

To: All Adults in Custody

Subj: COVID-19 Vaccine and Booster Dose Update

As you know, vaccines continue to be the safest and most effective way to protect from COVID-19 hospitalizations and deaths. If you are not yet vaccinated and would like to be, please contact Health Services.

The following people who were vaccinated with the Pfizer vaccine are now eligible for a booster six months after their second shot:

- People 65 and older should get a booster.
- People 50-64 with underlying medical conditions should get a booster.
- People ages 18-64 living in a long-term care facility should get a booster (all AICs).

DOC Health Services has identified adults in custody who are in these categories and will contact those individuals directly. With the current wave of increased COVID-19 cases, an additional shot can boost immunity in certain individuals who need extra protection from COVID-19. Other individuals who are fully vaccinated are adequately protected and do not need an additional dose of COVID-19 vaccine **at this time**.

Boosters are not yet recommended for people who received the Moderna or Johnson & Johnson vaccines. A CDC decision about Moderna and Johnson & Johnson boosters is expected soon.

If you have questions, contact your health care provider.

Fecha: 28 de septiembre de 2021

Para: Todos los adultos bajo custodia

Asunto: Actualización de la dosis de refuerzo (booster shots) y la vacuna COVID-19

Como sabe, las vacunas siguen siendo la forma más segura y eficaz de protegerse de las hospitalizaciones y muertes por COVID-19. Si aún no está vacunado y le gustaría hacerlo, comuníquese con Servicios de Salud.

Las siguientes personas que fueron vacunadas con la vacuna Pfizer ahora son elegibles para un refuerzo seis meses después de su segunda inyección:

- Las personas mayores de 65 años deben recibir una dosis de refuerzo.
- Las personas de 50 a 64 años con afecciones médicas subyacentes deben recibir una dosis de refuerzo.
- Las personas de 18 a 64 años que viven en un centro de atención a largo plazo deben recibir un refuerzo (todos los AIC).

DOC Health Services ha identificado a adultos bajo custodia que se encuentran en estas categorías y se comunicará con esas personas directamente. Con la ola actual de aumento de casos de COVID-19, una inyección adicional puede aumentar la inmunidad en ciertas personas que necesitan protección adicional contra COVID-19. Otras personas que están completamente vacunadas están adecuadamente protegidas y no necesitan una dosis adicional de la vacuna COVID-19 **en este momento**.

Los refuerzos aún no se recomiendan para las personas que recibieron las vacunas Moderna o Johnson & Johnson. Se espera pronto una decisión de los CDC sobre los impulsores Moderna y Johnson & Johnson.

Si tiene preguntas, comuníquese con su proveedor de atención médica.

To All Adults in Custody,

Last week, the U.S. Food and Drug Administration amended the emergency use authorizations (EUAs) for both the Pfizer and the Moderna COVID-19 Vaccine to allow for the use of an additional dose in certain moderate to severely immunocompromised individuals – including, but not limited to, solid organ transplant recipients or those who are diagnosed with conditions considered to have a moderate to severe level of immunocompromise. DOC Health Services has identified adults in custody who are designated as immunocompromised and will contact those individuals directly.

With the current wave of increased COVID-19 cases, an additional shot can boost immunity in certain immunocompromised individuals who need extra protection from COVID-19. Other individuals who are fully vaccinated are adequately protected and do not need an additional dose of COVID-19 vaccine **at this time**.

In the coming months, it is expected the CDC and OHA will advise people who received the Pfizer and Moderna vaccines – and likely the J&J vaccine – to get a booster shot eight months after they received their second vaccine. More information will be provided when this occurs.

If you have questions, contact your health care provider.

A Todos Los Adultos Bajo Custodia,

La semana pasada, la Administración de Drogas y Alimentos de los EE. UU. Enmendó las autorizaciones de uso de emergencia (EUA) para la vacuna Pfizer y Moderna COVID-19 para permitir el uso de una dosis adicional en ciertas personas inmunodeprimidas moderadas a severas, incluidas, entre otras, a, receptores de trasplantes de órganos sólidos o aquellos a quienes se les diagnostica condiciones que se considera que tienen un nivel de inmunodepresión de moderado a grave. DOC Health Services ha identificado a adultos bajo custodia que están designados como inmunodeprimidos y se comunicarán con esas personas directamente.

Con la ola actual de aumento de casos de COVID-19, una inyección adicional puede aumentar la inmunidad en ciertas personas inmunodeprimidas que necesitan protección adicional contra COVID-19. Otras personas que están completamente vacunadas están adecuadamente protegidas y no necesitan una dosis adicional de la vacuna COVID-19 **en este momento**.

En los próximos meses, se espera que los CDC y la OHA aconsejen a las personas que recibieron las vacunas Pfizer y Moderna, y probablemente la vacuna J&J, que reciban una inyección de refuerzo ocho meses después de recibir su segunda vacuna. Se proporcionará más información cuando esto ocurra.

Si tiene preguntas, comuníquese con su proveedor de atención médica.

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 be 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>.