Preventing COVID-19 virus from entering prisons and other places of detention is essential to minimize the risk of occurrence of infections and emergence of serious outbreaks. In the exceptional circumstances of an outbreak, it may be necessary to temporarily restrict visits of family and friends, legal representatives, etc. Such rules will be kept in place only as long as necessary. Restrictions of this kind have been shown to be highly effective in fighting the COVID-19 pandemic, keeping you and your loved ones safe.

To stay in touch with your family and friends, you may (for a limited period) have to use remote alternatives (e.g. phone or Skype). Your help and understanding of these and other necessary measures are essential.

Please note that if you have a fever, a cough and/or difficulty breathing, you should report it and seek medical assistance straightaway.

If you develop the COVID-19 disease, for your safety and the safety of others, you will be put into medical isolation until there can be further medical evaluation and testing. If any specialized care is required, be assured that you will be transferred to the appropriate units.

To stay safe and healthy during the COVID-19 pandemic, remember to:

• wash your hands frequently with soap and water and dry with single-use towels;
• avoid touching your eyes, nose or mouth if you are not sure that your hands are clean;
• keep a distance of at least 1 metre between yourself and anyone who is coughing or sneezing;
• use a disposable tissue (or your bent elbow) to cover your mouth and nose when coughing or sneezing, then throw the tissue in a bin with a lid and wash your hands.

A fabric mask can act as a barrier to prevent the spread of the virus where there are many cases of COVID-19 in the community, and physical distancing of at least 1 metre is not possible. But if you are aged 60 or over or having an underlying health condition such as heart or lung diseases, cancer, diabetes, cerebrovascular disease, or immunosuppression you are advised to wear a medical mask. In any case, combine the use of mask with other important preventive measures, such as hand washing.

Make sure that you wash your hands before and after any activity, including:
• eating
• exercising
• using communal areas
• time spent in the open air
• using the toilet
• receiving visits.

What is COVID-19?
Coronaviruses are a large family of viruses that cause illnesses ranging from the common cold to more severe diseases. The novel coronavirus responsible for the current pandemic is called severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) and it causes coronavirus disease COVID-19. The most common symptoms of COVID-19 infection are fever, tiredness and a dry cough. Some people may also have aches and pains, nasal congestion, a runny nose, a sore throat and/or diarrhoea. Others may become infected but not exhibit any symptoms.

About 80% of patients recover from this disease without needing any special treatment. Individuals ≥ 60 years old of age, and those with underlying medical problems such as high blood pressure, heart problems and diabetes, and smokers are at higher risk of developing severe illness.

You can become infected by breathing in exhaled/coughed-out droplets from a nearby person who has the virus; or by touching contaminated surfaces and objects or shaking hands with an infected person, and then touching your eyes, nose or mouth.

Be aware of the correct procedure to wash your hands (see on the side)

CLEAN HANDS REGULARLY WITH WATER AND SOAP OR HANDRUB. Duration of the entire procedure: minimum 40 seconds for Hand washing and minimum 20 seconds for Hand rubbing

0. Wet hands with water.
1. Apply enough soap to cover all hand surfaces.
2. Rub hands palm to palm.
3. Right palm over left back of hand with interlaced fingers, and vice versa.
4. Palm to palm with fingers interlaced.
5. Backs of fingers to opposing palms with fingers interlocked.
6. Rotational rubbing of left thumb clasped in right palm, and vice versa.
7. Rotational rubbing, backwards and forwards, with clasped fingers of right hand in left palm, and vice versa.
8. Rinse hands with water.
9. Dry hands thoroughly with a single-use towel.
10. Use towel to turn off tap, if applicable.
11. Your hands are now safe.