

# COVID-19 FAQs for Detainees

Adapted from the Center for Disease Control and Prevention<sup>1</sup>

## Q: How can I lower the chance that I will get COVID-19?

The most common way COVID-19 spreads is through droplets when an infected person coughs or sneezes. These floating droplets can land in the mouth or nose, or be breathed in. COVID-19 can also be spread by touching something that has the virus on it, and then touching your mouth, nose, or eyes.

Lower your chance of getting COVID-19 by:

- Washing your hands often
- Not touching your face
- Covering your cough

## Q: What should I do if I think I may be sick with COVID-19?

If you think you have been exposed to COVID-19 and have a fever or cough with difficulty breathing, notify facility staff.

## Q: What does it mean to be in quarantine?

If you have been in close contact with someone who has tested positive for COVID-19, you may be separated from other individuals. This is called **quarantine**. Jails may manage quarantine guidelines differently based on local and state health department guidelines. During this time, you may be checked for COVID-19 symptoms. If testing is available, you may be tested.

## Q: Is it okay for people to visit me?

Visitors may NOT be allowed in the facility if:

- They have had flu-like symptoms in the last 24 hours
- They have been around someone who has or may have COVID-19 in the last 14 days
- Someone in the facility has tested positive for COVID-19

Visitors should contact the facility about restrictions on visits before they travel, and may be screened for symptoms upon arrival.

<sup>1</sup>Centers for Disease Control and Prevention. (2020, June 17). People Who Are Incarcerated at Correctional and Detention Facilities. Retrieved September 29, 2020, from <https://www.cdc.gov/coronavirus/2019-ncov/community/correction-detention/faq.html#People>