

COVID-19 PREPAREDNESS AND RESPONSE IN PLACES OF DETENTION

Basic precautionary measures

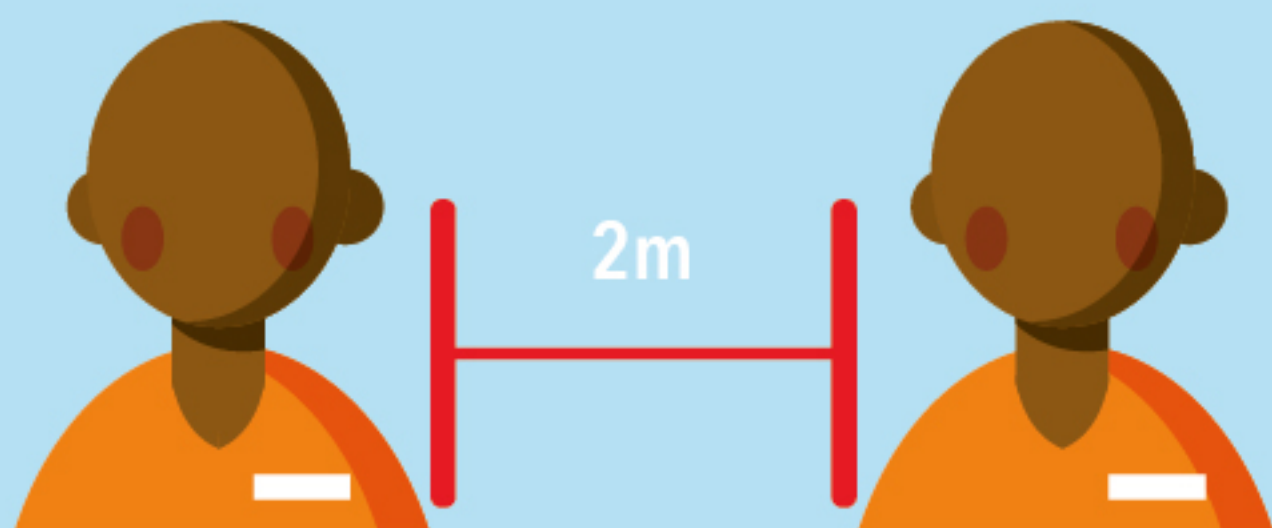


WASH

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