

# CORONAVIRUS (COVID-19)

## INFORMATION FOR PEOPLE INCARCERATED



American Friends  
Service Committee  
ARIZONA OFFICE

### GENERAL INFORMATION

#### What is Coronavirus?

- Coronavirus (aka COVID-19) is a respiratory disease that emerged in December 2019.
- Coronavirus symptoms include:
  - Cough
  - Fever
  - Shortness of breath
- Coronavirus can be severe, with those who are older (>80 is at greatest risk) and have weakened immune systems and respiratory issues being the most vulnerable.
- To date, about 2% of confirmed Coronavirus cases have been fatal.
- It is diagnosed with a laboratory test, and people can transmit and have the virus for around 14 days without displaying symptoms.

#### How is Coronavirus Transmitted?

- Coronavirus is spread from person to person.
- Sneezing/coughing on someone, sharing bodily fluids, and touching surfaces can spread the illness.
- There is no Coronavirus vaccine yet, so it is important to stay safe and healthy.

### ADC POLICY CHANGES – UPDATED MARCH 18<sup>TH</sup> AND 20<sup>TH</sup> 2020

#### Hygiene and Disinfectant

- ADC says it is following the industry standards of the [American Correctional Association](#) and the [National Commission on Correctional Health Care](#).\*
- **Free hand soap should be available to all people who are incarcerated upon request.** Be sure to ask for soap if you need it and let your loved one/AFSC-AZ know if this is not being provided.
- There should be a weekly deep cleaning of all facilities. This should include disinfectant of all surfaces, doorknobs, shared spaces, and sleeping quarters.
- There should be “robust availability of soap, paper towels, hygiene items, and cleaning agents” for people who are incarcerated and staff to use.
- Work crews and ADC employees will undergo an Infectious Disease Symptoms Check and will be evaluated for symptoms of Coronavirus when they enter the facilities.

#### Movements and Programming

---

\* AFSC-AZ was unable to locate these matrixes for more detailed information on the standards.

- Routine internal movement of people who are incarcerated has stopped. Any specialty needs for movements will be determined case-by-case.
- External medical needs will continue based on provider availability
- All classes provided by local community colleges are suspended until further notice.
- On March 18, ADC said that phone provider CenturyLink began providing two free 15-minute phone calls per week.
- Video visitation is an option that will be “explored” by ADC but is not available at this time.

## CORONAVIRUS HARM REDUCTION TIPS

### General Prevention

- Wash your hands with soap and water – wash for at least 20 seconds. (You can sing “Happy Birthday” or say the “ABCs” to yourself to help keep time.)
- **Do not share anything that touches parts of the body or transmits bodily fluids** – such as eating utensils, handkerchiefs, toothbrushes or toothpaste, water bottles, etc.
- If able, wipe down shared surfaces (door handles, tables, faucet handles, commissary items) with soap and water or a disinfectant regularly.
- Avoid touching your face, eyes, nose and mouth.

### Medical Support

- DOC has regulations around this issue in [DO 1102 Communicable Disease and Infection Control](#)
- The \$4 copay to see a doctor is being waived **for those who are experiencing flu or cold-like symptoms only**. Do not hesitate to see a doctor if needed.
- Note if you have symptoms and report them as soon as possible.
  - Cough
  - Fever
  - Shortness of breath
- If coughing, cough into the bend of your elbow.
- If sneezing, be sure to use disposable tissues that are thrown away in safe areas.
- **If you have a fever report it to COs and medical staff immediately.**
- If you are not feeling well, wash your hands and try your best to stay at least 3 feet away from people to prevent transmission.
- **For those with ongoing respiratory illnesses** – such as asthma, chronic bronchitis, emphysema, lung cancer, cystic fibrosis, etc. – there are concerns of shortages and delays on obtaining prescriptions. File a formal medical request and make a request to your CO3 to have these prescriptions available.

**IF YOU HAVE ANY CONCERNS OR ISSUES ABOUT THE CORONAVIRUS, PLEASE WRITE TO AFSC-AZ AND LET US KNOW**



**AFSC Arizona Office**  
**103 N. Park Ave, Suite 111**  
**Tucson AZ 85719**  
[afscaz@afsc.org](mailto:afscaz@afsc.org)