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Covid-19: WHAT TO DO

How to protect yourself and others
from Covid in prison

 CILD

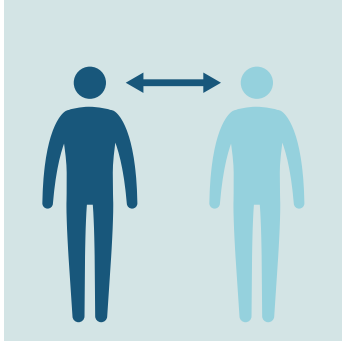


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I PROTECT YOU, YOU PROTECT ME

Always wear your face mask when you are outside your cell.



PHYSICAL DISTANCE IS IMPORTANT

It is not necessary only if you share the same cell with other people and if new-comers have undergone quarantine, swab tests or other medical examinations.



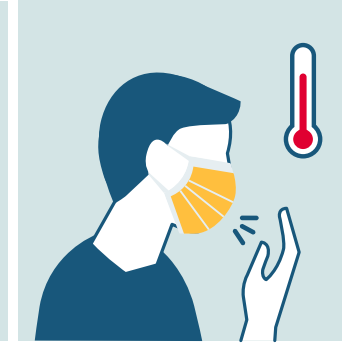
WASH YOUR HANDS OFTEN WITH WATER AND SOAP OR DISINFECTANT

If these products are not available, request them to the prison's staff. Do not touch your face with non-disinfected hands. Always keep the areas you live in and share with others clean.



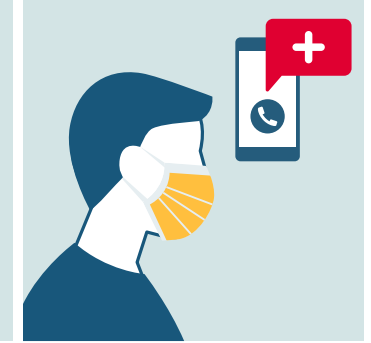
AVOID SHARING PERSONAL ITEMS

(toothbrush, razor, clothes, towels, makeup, cigarettes, cups, etc.) with your cellmates.



BEWARE OF WHEN YOU THINK YOU HAVE A FEVER

or when you have a dry cough, when you don't smell or taste things properly, when you have headaches or when you have bone pain.



WHAT TO DO IN THESE CASES? ASK TO BE TAKEN TO A DOCTOR, always wear your face mask and keep your distance from others as much as possible, you are taking care of them!