

WHAT IS COVID-19?

What is COVID-19?

- It is a new sickness spreading around the world.
- It is in America.
- It is also called “coronavirus.”

How do you get it?

- Someone with COVID-19 gives you their germs.
- When they cough or sneeze, the germs get in the air, on you, and on things.
- Germs get into your body through your mouth, nose, and your eyes.

What happens if you have COVID-19?

- A fever
- Coughing
- Hard time breathing

If these things happen to you, it does not mean you have COVID-19. You could just have a cold or the flu.

How sick do you get?

- Most people do not get very sick. It is like having a cold or the flu.
- Some older people and people with health problems may get really sick. They may end up in a hospital.

How can you stay healthy, or not get COVID-19?

- Wash your hands with soap and water:
 - Wash your hands for at least 20 seconds. If it helps, count to 20.
 - Wash your hands after using the bathroom.
 - Wash your hands before eating.
- Cough or sneeze into your elbow.
- Try not to touch your face.
 - Do not rub your eyes.
 - Do not touch your mouth.
 - Touching your face is how germs get into your body.
- Stay 6 feet away from other people when possible.

What is Happening in GDC Prisons Because of COVID-19?

There are many changes happening in the world because of this sickness.

Everyone in America is making changes to try to stay healthy.

Some things are changing in GDC too.

Visitation

Visitation is stopped because of COVID-19. Your family and friends cannot visit you.

It will stay this way until April 10, 2020. It might last longer if many people are still sick.

Lawyer Visits

If you have a lawyer, your lawyer can ask for special permission to visit you.

The lawyer will only be able to see you through a glass window.

Other Ways to Talk to People Outside

GDC is making changes so that you can still talk to your family and friends.



You can make one (1) free phone call every week. You have 15 minutes for each call. You can call anyone on your call list. You do not have to pay. The person you are calling does not have to pay.



For Deaf/Hard of Hearing Offenders: You have access to the VRS (**Video Relay Services**), for **American Sign Language (ASL) ONLY**.



You will get 2 free email stamps every week. You can send 4 emails for free every week from your GOAL device.

NOTE: If you are deaf/hearing impaired you have options of

communication to include verbal request, writing notes, American Sign Language (ASL) with staff via Video Remote Interpreting (VRI), etc. It will stay this way until visitation rules go back to normal.

Classes and Programs

Volunteers cannot come to GDC prisons now.

Classes taught by volunteers are stopped because of COVID-19. Other classes are still happening.

Staying Healthy

Washing your hands is very important.



You will get 2 bars of soap weekly. Soap is free. You do not have to order it from store. You do not have to be “indigent.” It doesn’t matter if you have money on your books.

If you are sick

If you have a cough, or a fever, or if it is hard to breathe, fill out a sick call form.

You do not have to pay \$5 for sick call or doctor’s appointments or medicine now if you might have related symptoms COVID-19. You can see medical for free if you have a cough, a fever, or if it is hard to breathe.



If you are deaf/hearing impaired, there is an ASL video with this information available. If blind or have low vision, option include Braille, Enlarged Print, Audio Recording, etc. Please ask your counselor, who will notify the Facility ADA Coordinator.

Please ask any staff member if you have any questions or need additional information.