

## COVID-19

### INFORMATION FOR PEOPLE IN CUSTODY – 16 MARCH 2020

The Scottish Prison Service (SPS) is following the national advice provided by Health Protection Scotland and the Scottish Government to prevent the spread of COVID-19 (Coronavirus).

#### Current advice

As you will know, the situation is changing fast. At the moment, the government is advising that if you have developed a cough or fever in the last 7 days, you must self-isolate for 7 days from the day your symptoms started.

#### What does that mean for me?

At this stage, the prison is continuing to operate as normal. However, in the coming weeks, there may be changes that will impact on your usual daily routine. These changes will be to try and keep you well. We will attempt to keep you fully informed before any changes take place however, given how fast things are changing, this may not always be possible.

If you are required to self-isolate, that will mean you have to remain in your cell for a minimum of 7 days. You will still have access to food, canteen and any prescribed medication. We are working on ways in which we can allow you to maintain contact with family and friends during this time.

At this time there is no requirement for you to wear masks or other protective clothing. This is the same advice as those in the community.

#### Preventing the spread of infection

You can reduce your risk of getting and spreading infections by:

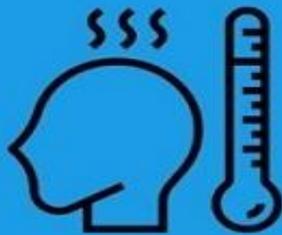
- Not touching your eyes, nose and mouth with your hands;
- Maintaining good hand hygiene - washing hands with soap and water for a minimum of 20 seconds
  - **After coughing or sneezing**
  - **After going to the toilet**
  - **Before eating and drinking**
- Avoid using other people's personal items such as towels and vaping devices.
- Covering your nose and mouth when coughing or sneezing into disposable tissues and disposing of them in the nearest waste bin after use.

If you have any concerns or questions, please speak to an Officer or a member of your local NHS healthcare team.

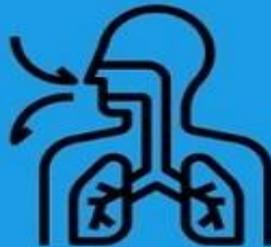
## **CORONAVIRUS**

### **What are some of the symptoms?**

**Fever**



**Breathing difficulties**



**Cough**

