

COVID-19

INFORMATION FOR PEOPLE IN CUSTODY – 20 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

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. At the moment we are looking after a number of individuals who are self-isolating across our prison estate.

What does that mean for me?

In our last letter we told you that there may be changes that will impact on your usual daily routine. These changes may be as a result of decisions out with our control.

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.

We are looking at ways in which we can make changes to daily life to support you during this time. You should expect to have conversations with staff in the coming days to get your thoughts about what this may look like.

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.