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IN THE UNITED STATES DISTRICT COURT
 FOR THE NORTHERN DISTRICT OF CALIFORNIA
 OAKLAND DIVISION

MARCIANO PLATA, et al.,

Plaintiffs,

v.

EDMUND G. BROWN, et al.,

Defendants.

Case No. 01-cv-01351-JST

**DEFENDANTS' JUNE 18, 2020
 SUBMISSION IN RESPONSE TO
 COURT'S REQUEST FOR COVID-19-
 RELATED EDUCATION MATERIALS**

Per the Court's request from the June 9, 2020 case management conference, Defendants hereby submit copies of various COVID-19-related education materials that have been made available to inmates and staff working at CDCR's institutions.

On June 11, 2020, CDCR's Division of Adult Institutions (DAI) sent a request for "[c]opies of all educational material regarding COVID-19 that has been sent to or posted for staff or inmates within the last two weeks. This includes posters or memos that were issued more than two weeks ago, but that are still posted. The purpose of this request is to allow the Court to review messaging that is being provided to staff and inmates by headquarters and institution leadership" to all of CDCR's institutions. Attached as Exhibit A are true and correct copies of

1 posters and flyers that were received in response to the foregoing request. Attached as Exhibit B
2 are true and correct copies of memoranda and emails that were provided by CDCR's institutions.
3 For safety reasons, any identifying information (such as first names or phone extensions) have
4 been redacted. In addition, irrelevant information was redacted from one of the emails. Attached
5 as Exhibit C are two lists of COVID-19 educational videos with links to where the videos can be
6 found online on YouTube or Vimeo. All the videos listed in the first document titled "CCHCS
7 Videos Playing on DRP-TV Wellness Channel (June 9, 2020)" are currently being played on a
8 daily basis on DRP-TV and are part of a 90-minute COVID-19 block that is repeated 6 times a
9 day, 7 days a week. The videos are playing on the Health and Wellness Channel, which is
10 available in institutions with DRP-TV. This channel is available on personal TVs and dayroom
11 TVs. The institutions also have two local channels and can choose to expand the content to those
12 forums. Lastly, attached as Exhibit D is a manual filing notice per which Defendants submitted
13 three videos DAI received from Avenal State Prison (ASP). These videos are playing on a loop
14 on one of the local TV stations.

15 Defendants note that, in addition to the above materials, CDCR's institutions and DAI
16 provided numerous additional memoranda and correspondence from DAI to CDCR's institutions,
17 or from Wardens to staff, starting from mid-March until early June. Defendants do not believe
18 these documents fall into the category of "educational materials." Instead, they would be more
19 fairly characterized as directives concerning symptom screening, social distancing, personal
20 hygiene, personal protective equipment, food distribution, sanitizing common areas, program
21 modification, inmate movements, and treatment protocols. CCHCS also issued similar
22 memoranda to statewide medical officers, supervisors, and executive staff. Because these
23 documents are not "educational materials," Defendants did not include them in this filing. But
24 Defendants would be happy to provide them to the Court if the Court would like to see them.

25 //

26 //

27 //

28 //

Dated: June 18, 2020

Respectfully submitted,

XAVIER BECERRA
Attorney General of California
DAMON G. MCCLAIN
Supervising Deputy Attorney General

/s/ Nasstaran Ruhparwar
NASSTARAN RUHPARWAR
Deputy Attorney General
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EXHIBIT A

CDCR/ CCHCS has implemented proactive efforts to address COVID-19

- **Limiting** all non-essential or non-emergency **transportations**.
- Verbal and temperature **screening** of all those who enter the prisons.
- Temporarily **suspending visits** by the public.
- Providing **facial barriers, disinfectant, soap, and hand sanitizer** for use.
- To increase living space within our institutions, the department **temporarily suspended intake** from county jails while we reorganized dorm living spaces and ramped up testing resources.

CDCR/CCHCS are **dedicated to the safety of everyone** who lives in, works in, and visits our state prisons.

We have longstanding outbreak management plans in place to address communicable disease outbreaks such as influenza, measles, mumps, norovirus, and varicella, as well as preparedness procedures to address a variety of medical emergencies and natural disasters.

HOW TO LEARN MORE:

Stay updated with content streaming on the DRP-TV Health and Wellness channel. This includes messages from the Secretary and Receiver, COVID-19 updates and critical information about calls, emails and video messages from loved ones.

COVID-19

- Symptoms
- Prevention
- ...and how to
- Stay Connected

The CDCR and CCHCS quick guide to staying healthy inside CA prisons



HOW TO PREVENT THE SPREAD OF COVID-19

- Cover your mouth and nose when coughing or sneezing
- Wash your hands! Clean hands can stop germs from spreading
- If soap and water are not available, use hand sanitizer
- Use a face covering when in close proximity of others
- Practice social distancing whenever possible. The distance between you and COVID-19 is six feet
- Clean frequently touched surfaces
- Get plenty of sleep, be active, manage your stress, drink plenty of fluids

COVID-19 SYMPTOMS

NEW OR WORSENING...



Cough



**Shortness
of breath**



**Difficulty
breathing**



Fever



Chills



Muscle pain



Sore throat



**Loss of
taste/smell**

Seek medical treatment immediately or file **FORM 7362** if you have any symptoms that concern you

HOW TO STAY CONNECTED WITH LOVED ONES



CDCR will provide three full days of free phone calls for incarcerated people each week. The free calls will be available from 12:01 a.m. to 11:59 p.m. Tuesdays, Wednesdays, and Thursdays through the end of May 2020.

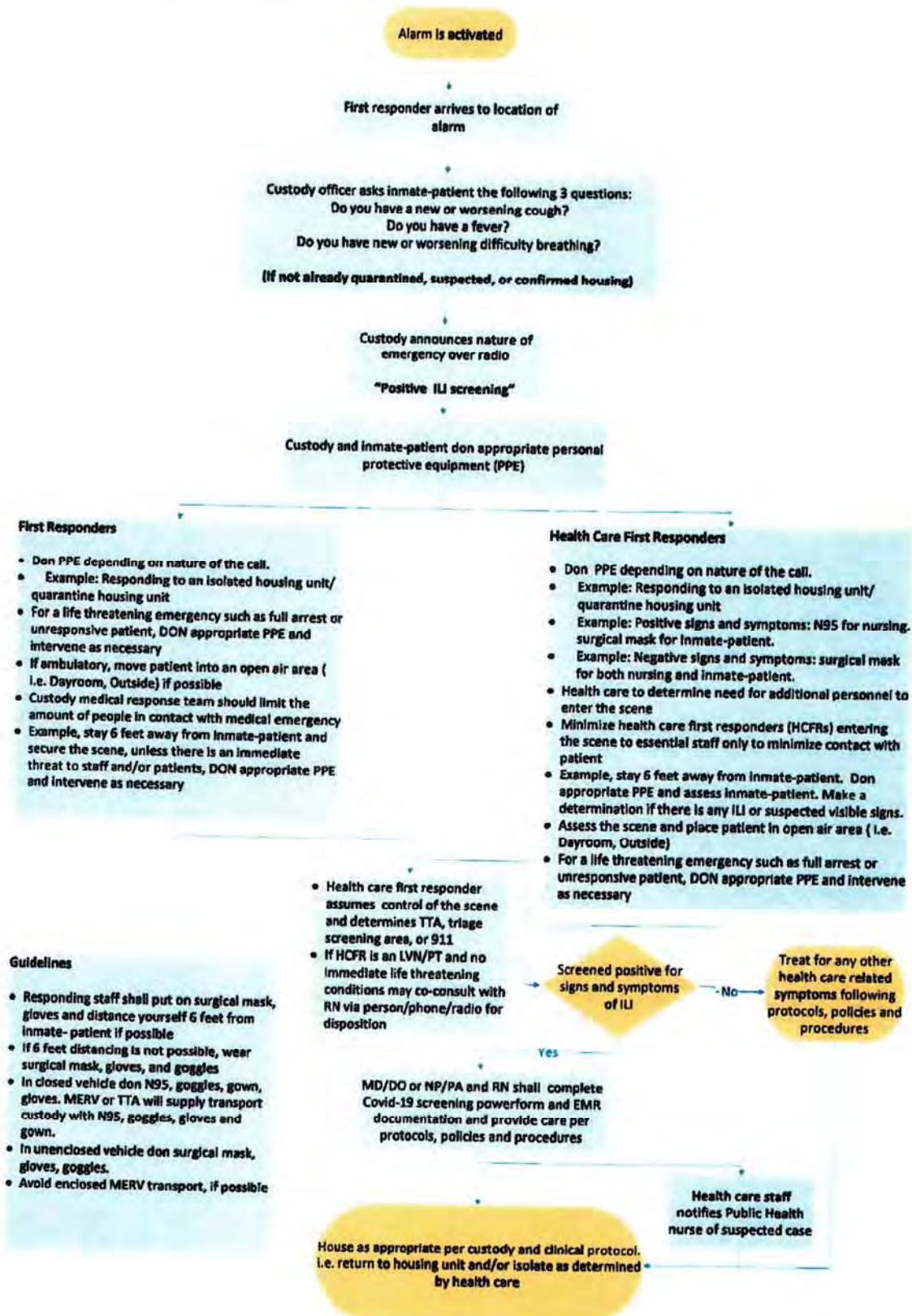


CDCR has partnered with JPay to extend inbound email print services to all institutions at a reduced rate. This service enables incarcerated people's family and friends to use a JPay app to send e-correspondence, which mailroom staff print and deliver with regular mail.



There has been no changes to mail service. Mail is being delivered.

Covid-19: Emergency Medical Response Process





COVID-19 AND FOOD SAFETY FAQ

IS CORONAVIRUS A CONCERN WITH TAKEOUT?

CDC, FDA and USDA are not aware of any reports at this time that suggest COVID-19 can be transmitted by food or food packaging. Current evidence shows the biggest risk of transmission of COVID-19 is being around individuals who are symptomatic (and to a lesser extent, infected but not showing symptoms.) Food businesses should be following employee health policies and health department recommendations to keep these individuals home.

WHAT ARE THE RISKS OF FOOD FROM TAKEOUT OR DRIVE-THRU FOOD?

- There is no current indication that takeout or drive-thru meals will increase illness.
- This option is a good risk management choice, especially for high risk and elderly groups because it helps maintain social distancing and reduces the number of touch points.

CAN I GET COVID-19 FROM TOUCHING FOOD OR PACKAGING EXPOSED TO CORONAVIRUS?

- The risk of transfer of viruses is very low, based on current research.
- To further minimize risk, handling food packaging should be followed by handwashing and/or using hand sanitizer.

WHAT ARE THE RISKS OF FOOD DELIVERED TO HOME?

- Similar to takeout, food delivery helps maintain social distancing and reduces the number of touch points between preparation and serving of food.
- Many delivery programs have also instituted no touch/no interaction options, which further reduces risk.

WHAT HAPPENS IN YOUR BODY IF YOU DO INGEST CORONAVIRUS THROUGH FOOD?

- If you consume food that is contaminated with coronavirus, your stomach acid should inactivate the virus since it is very acidic (pH 2.0).
 - Even if your stomach acid did not inactivate the virus, there is no evidence the virus causing COVID-19 can start infecting through the gastrointestinal tract.
- The only possible way to get sick is if, during eating, the virus comes in contact with a specific type respiratory cells.
 - This scenario is highly unlikely and not concerning given what is known about modes of transmission currently discussed regarding COVID-19.

NC STATE
EXTENSION

Stay informed: go.ncsu.edu/covid-19
www.cdc.gov/coronavirus/2019-ncov
Updated March 20, 2020

NC STATE
UNIVERSITY

EMPLOYEE ASSISTANCE PROGRAM

CONTAGIOUS ILLNESSES CAN CAUSE GREAT FEAR AND ANXIETY

HOW TO HELP STAFF MEMBERS IN DISTRESS DURING AN INFECTIOUS OUTBREAK

As the coronavirus disease (COVID-19) spreads, many people are anxious about the uncertainty of what is happening.

It is normal to feel nervous about COVID-19, however, some people may be more vulnerable to worrying thoughts if they already have a health or anxiety disorder. In either case, it is important to pay attention to the emotions and feelings expressed by your staff and know how to help them when they are distressed.

Read cues and signals

Pay attention to the emotions and feelings expressed by your staff. Common signs of anxiety and stress to look out for are:



BEHAVIORAL	PHYSICAL	EMOTIONAL	COGNITIVE
<ul style="list-style-type: none"> • An increase or decrease in energy and activity levels • An increase in irritability, with outbursts of anger and frequent arguing • Having trouble relaxing or sleeping • Crying frequently • Worrying excessively • Blaming other people for everything • Having difficulty communicating or listening 	<ul style="list-style-type: none"> • Having stomachaches or diarrhea • Having headaches and other pains • Loss of appetite or eating too much • Sweating or having chills • Getting tremors or muscle twitches • Being easily startled 	<ul style="list-style-type: none"> • Being anxious or fearful • Feeling depressed • Feeling guilty • Feeling angry • Feeling heroic, euphoric, or invulnerable • Not caring about anything • Feeling overwhelmed by sadness 	<ul style="list-style-type: none"> • Having trouble remembering things • Feeling confused • Having trouble thinking clearly and concentrating • Having difficulty making decisions

LISTEN AND EMPATHIZE

Listen closely and think before you react to the situation. This is an opportunity to strengthen your relationship with the person. Make sure to listen first so you can learn more about what is bothering them and give them the support they need. Be careful not to react too quickly, make light of the issue or tell them to just deal with it.

UNDERSTAND THE TRIGGERS

Remember that the emotional distress that is being displayed is usually triggered by underlying issues. Ask about what is driving the distressed response, i.e., ***"You don't usually react that way in meetings, is there something that is bothering you right now?"*** Be careful not to pre-judge the situation. Instead, focus on listening to the person's concerns and making them feel heard and respected.

TRANSFORM THE PROBLEM INTO A POSITIVE CHANGE

If a person becomes emotional, comment on the person's strengths while communicating hope and support. Once you know what the problem is, then you can help the staff member find a solution.

OFFER REASONABLE ASSISTANCE

Sometimes the person will benefit from having a few personal days to sort things out. In these cases, allowing leave, adjusting a schedule and/or workload may be the simplest solution.

Someone having difficulty managing stress, hypervigilance, obsessive reading about the crisis and worrying about the effects may need additional help. Remind them that EAP is available 24 hours a day, 7 days a week, all year long. All services are free and confidential. Your staff, and their household members, can call and speak with a clinical professional to get the support they need.

Your program website is a good resource for emotional health information. You can also engage with Web-Based Confidential Care. This web-based care, called cognitive behavioral therapy, is organized into interactive programs that address anxiety, panic, phobia, depression, insomnia and other areas of emotional health. Go online to eap.calhr.ca.gov to get started.

EAP is here to provide you and your staff members with compassionate and caring support during this difficult time.

HELP THEM KEEP THEIR DIGNITY

When someone is going through a tough time and you are talking to them about it, it is important to give them space to process their situation and keep their self-respect. Most people will already feel embarrassed that their manager is learning about their situation. No one should be made to feel bad about becoming emotional or crying.

Note: If the staff member's behaviors have become unmanageable, this could affect other staff and a different approach may be needed. Options could include formal counseling, conflict resolution/mediation and/or disciplinary action. If a staff member expresses their emotions in ways that hurt or frighten others, consult with your human resources department as soon as possible.

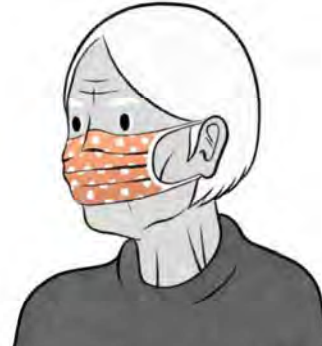
Source: Ainomugisha Gerald, Gerald, et al. "Best Strategies to Manage an Emotional Employee." *The 6Q Blog*, 12 Apr. 2019, inside.6q.io/manage-anemotional-employee/



DON'T: Wear the mask below your nose.



DON'T: Leave your chin exposed.



DON'T: Wear your mask loosely with gaps on the sides.



DON'T: Wear your mask so it covers just the tip of your nose.



DON'T: Push your mask under your chin to rest on your neck



DO: Wear your mask so it comes all the way up, close to the bridge of your nose, and all the way down under your chin. Do your best to tighten the loops or ties so it's snug around your face, without gaps.



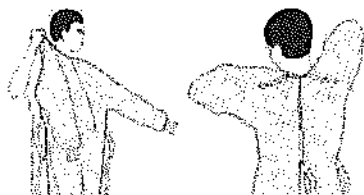
PERSONAL PROTECTIVE EQUIPMENT SEQUENCE AND INSTRUCTIONS

SEQUENCE FOR PUTTING ON PERSONAL PROTECTIVE EQUIPMENT (PPE)

The type of PPE used will vary based on the level of precautions required, such as standard and contact, droplet or airborne infection isolation precautions. The procedure for putting on and removing PPE should be tailored to the specific type of PPE:

1. GOWN

- Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back
- Fasten in back of neck and waist



2. MASK OR RESPIRATOR

- Secure ties or elastic bands at middle of head and neck
- Fit flexible band to nose bridge
- Fit snug to face and below chin
- Fit-check respirator



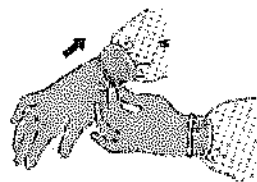
3. GOGGLES OR FACE SHIELD

- Place over face and eyes and adjust to fit



4. GLOVES

- Extend to cover wrist of isolation gown



- Keep hands away from face
- Limit surfaces touched
- Change gloves when torn or heavily contaminated
- Perform hand hygiene

HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE)

Remove all PPE before exiting the patient room except a respirator, if worn. Remove the respirator after leaving the patient room and closing the door. Remove PPE in the following sequence:

1. GLOVES

- Outside of gloves are contaminated!
- If your hands get contaminated during glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Using a gloved hand, grasp the palm area of the other gloved hand and peel off first glove
- Hold removed glove in gloved hand
- Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove
- Discard gloves in a waste container



2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band or ear pieces
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container.



3. GOWN

- Gown front and sleeves are contaminated!
- If your hands get contaminated during gown removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Unfasten gown ties, taking care that sleeves don't contact your body when reaching for ties
- Turn gown inside out
- Pull gown away from neck and shoulders, touching inside of gown only
- Fold or roll into a bundle and discard in a waste container



4. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated — DO NOT TOUCH!
- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in a waste container



5. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE



USE SAFE WORK PRACTICES TO PROTECT YOURSELF AND LIMIT THE SPREAD OF CONTAMINATION

PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS BECOME CONTAMINATED AND IMMEDIATELY AFTER REMOVING ALL PPE



What is Social Distancing?

Social distancing is deliberately increasing the physical space between people to avoid spreading illness.



Staying six feet away from other people, whenever possible, lessens your chance of catching COVID-19. If you are too close you can breathe in droplets of someone coughing.

- Stay 6' away from the person in front of you while in line or in a waiting/meeting room
- Do not shake hands as a social greeting
- Cough into your elbow or a tissue (then throw that tissue away)
- Alert Medical Staff immediately if you have a fever or new/worsening cough and/or shortness of breath.



COVID
ENFERMEDAD DEL
CORONAVIRUS
19

DETENGA LA PROPAGACIÓN DE LOS MICROBIOS

Ayude a prevenir la propagación de virus respiratorios como el nuevo COVID-19.

Evite el contacto cercano con las personas enfermas.



Cúbrase la nariz y la boca con un pañuelo desechable al toser o estornudar y luego bótelo a la basura.



Evite tocarse los ojos, la nariz y la boca.



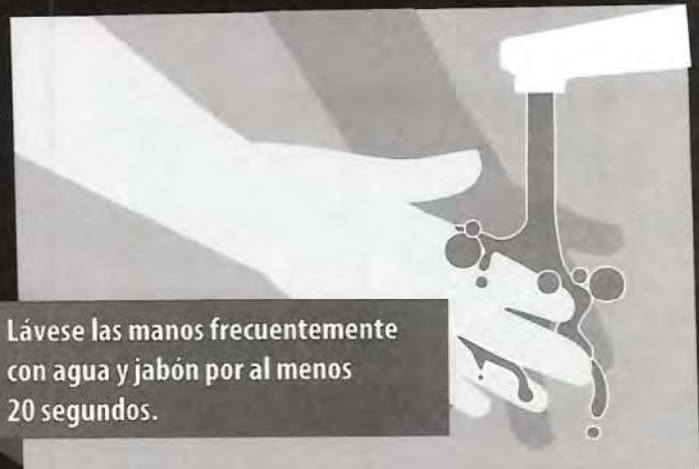
Limpie y desinfecte los objetos y las superficies que se tocan frecuentemente.



Quédese en casa si está enfermo, excepto para buscar atención médica.



Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos.



Para obtener más información: www.cdc.gov/COVID19-es

COVID
CORONAVIRUS
DISEASE **19**

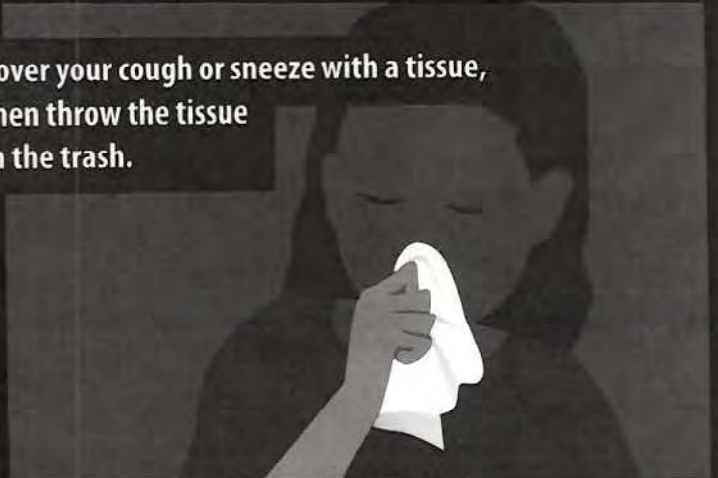
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



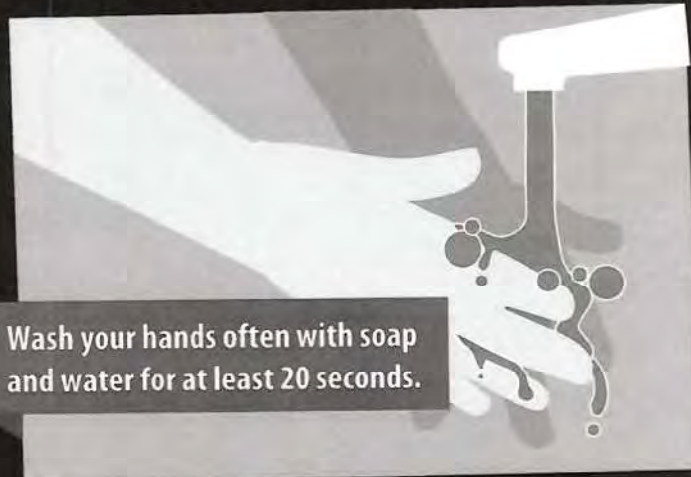
Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: www.cdc.gov/COVID19

THIS UNIT IS QUARANTINED

Proper PPE is required by all
staff in this area.



Mask (surgical grade-level)



Eye Protection



Gloves (if contact)

Please make sure to use caution
and wash your hands frequently.



VIRUS SAFETY LAUNDRY GUIDE

Health experts advise washing your cloth face covering frequently, ideally after each use, or at least daily, along with your clothes.

Have a bag or bin to keep cloth face coverings and clothes in until they can be laundered.

Machine wash all clothes, coverings with detergent, hot water and dry on a hot cycle.

If you must re-wear your cloth face covering before washing, wash your hands immediately after putting it back on and avoid touching your face.



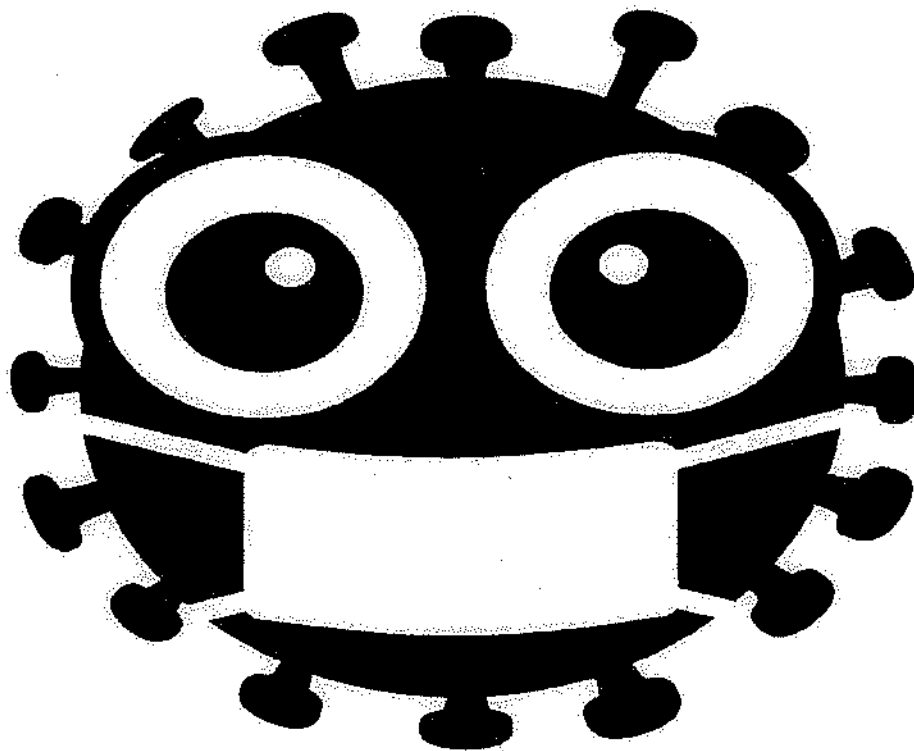
Possible COVID-19 Exposure

Time Frame:

Week of 5/31/2020

and

Week of 6/8/2020



The potential incubation period for COVID illness is 14 days after last exposure to a person who is considered infectious for COVID illness.

COVID-19 Safety Checklist

Safety

- All employees have been instructed to remain home if feeling ill.
- Employees are instructed on how to check their own health prior to coming into the office.
- Gloves are available for employees who work at reception desks, service counters, or have interaction with the public.
- Field staff have appropriate face coverings, hand sanitizer, or other personal protective equipment (PPE) to protect themselves and those around them.

Physical Distancing

- There are six-foot distance markers for lines at reception desks or service counters.
- Furniture has been removed or properly spaced apart to limit large gatherings or close gathering.
- Workstations are properly spaced apart or seat assignments have been adjusted to allow social distancing.

Face Coverings & Masks

- Face coverings or masks are strongly recommended where six-foot distance isn't possible.
- Face coverings are available for employees who must be physically present in the office/workspace.
- Face coverings are available for staff who forgot to bring their own.

Sanitation

- Hand sanitizer machines are located in the lobby and throughout the workplace.
- Disinfectant wipes are available to clean high touch surfaces/items.
- Employees have been made aware of cleaning procedures for shared equipment for before/after use.

Signage

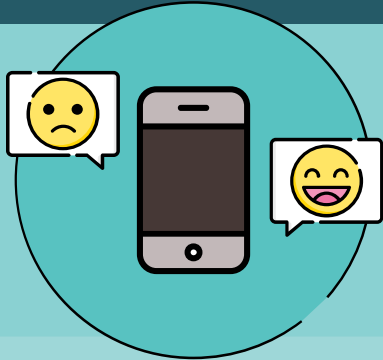
- There are signs near entrances informing building staff/visitors they must wear a face covering when in the building.
- There are signs informing users the maximum number of people allowed in an elevator car at a time (dependent on the elevator size).
- There is signage instructing proper hand washing protocol.
- There is signage informing users the maximum number of people allowed in meeting rooms, changing rooms, locker rooms, etc. at one time.
- There is signage recommending face coverings during meetings.
- There are signs displaying the allowed number of staff in an area to properly operate equipment.

Training

- All employees have been trained in safety practices and procedures regarding COVID-19.
- All management staff have been trained on the exposure protocol.



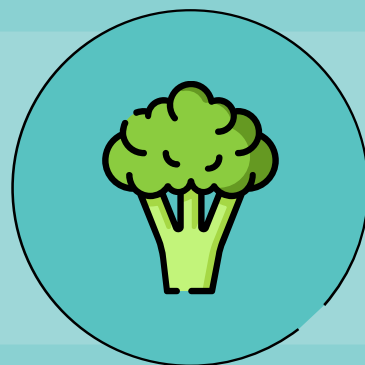
Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

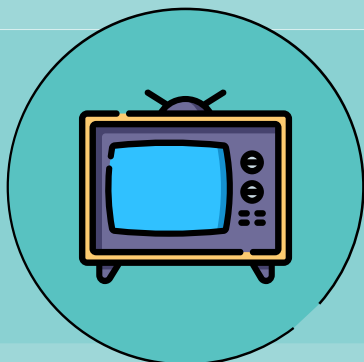
If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

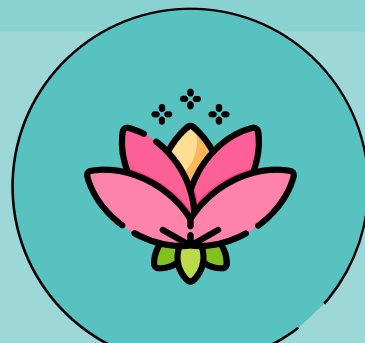
If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



COVID-19

CORONAVIRUS DISEASE

What you need to know about coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

COVID-19 is spreading from person to person in China, and limited spread among close contacts has been detected in some countries outside China, including the United States. At this time, however, this virus is NOT currently spreading in communities in the United States. Right now, the greatest risk of infection is for people in China or people who have traveled to China. Risk of infection is dependent on exposure. Close contacts of people who are infected are at greater risk of exposure, for example health care workers and close contacts of people who are infected with the virus that causes COVID-19. CDC continues to closely monitor the situation.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but now it seems to be spreading from person to person. It's important to note that person-to-person spread can happen on a continuum. Some diseases are highly contagious (like measles), while other diseases are less so. At this time, it's unclear how easily or sustainably the virus that causes COVID-19 is spreading between people. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath



What are severe complications from this virus?

Many patients have pneumonia in both lungs.

How can I help protect myself?

The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

There are simple everyday preventive actions to help prevent the spread of respiratory viruses. These include

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled to China and got sick?

If you were in China within the past 14 days and feel sick with fever, cough, or difficulty breathing, you should seek medical care. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

For more information: www.cdc.gov/COVID19



TAKING CARE OF YOUR BEHAVIORAL HEALTH

Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak

What Is Social Distancing?

Social distancing is a way to keep people from interacting closely or frequently enough to spread an infectious disease. Schools and other gathering places such as movie theaters may close, and sports events and religious services may be cancelled.

What Is Quarantine?

Quarantine separates and restricts the movement of people who have been exposed to a contagious disease to see if they become sick. It lasts long enough to ensure the person has not contracted an infectious disease.

What Is Isolation?

Isolation prevents the spread of an infectious disease by separating people who are sick from those who are not. It lasts as long as the disease is contagious.

Introduction

In the event of an infectious disease outbreak, local officials may require the public to take measures to limit and control the spread of the disease. This tip sheet provides information about **social distancing**, **quarantine**, and **isolation**. The government has the right to enforce federal and state laws related to public health if people within the country get sick with highly contagious diseases that have the potential to develop into outbreaks or pandemics.

This tip sheet describes feelings and thoughts you may have during and after social distancing, quarantine, and isolation. It also suggests ways to care

for your behavioral health during these experiences and provides resources for more help.

What To Expect: Typical Reactions

Everyone reacts differently to stressful situations such as an infectious disease outbreak that requires social distancing, quarantine, or isolation. People may feel:

- **Anxiety, worry, or fear related to:**
 - Your own health status
 - The health status of others whom you may have exposed to the disease
 - The resentment that your friends and family may feel if they need to go into quarantine as a result of contact with you
 - The experience of monitoring yourself, or being monitored by others for signs and symptoms of the disease
 - Time taken off from work and the potential loss of income and job security
 - The challenges of securing things you need, such as groceries and personal care items
- **Concern** about being able to effectively care for children or others in your care
- **Uncertainty or frustration** about how long you will need to remain in this situation, and uncertainty about the future
- **Loneliness** associated with feeling cut off from the world and from loved ones
- **Anger** if you think you were exposed to the disease because of others' negligence
- **Boredom and frustration** because you may not be able to work or engage in regular day-to-day activities
- **Uncertainty or ambivalence** about the situation
- **A desire** to use alcohol or drugs to cope
- **Symptoms of depression**, such as feelings of hopelessness, changes in appetite, or sleeping

too little or too much

- Symptoms of post-traumatic stress disorder (PTSD), such as intrusive distressing memories, flashbacks (reliving the event), nightmares, changes in thoughts and mood, and being easily startled

If you or a loved one experience any of these reactions for 2 to 4 weeks or more, contact your health care provider or one of the resources at the end of this tip sheet.

Ways To Support Yourself During Social Distancing, Quarantine, and Isolation

UNDERSTAND THE RISK

Consider the real risk of harm to yourself and others around you. The public perception of risk during a situation such as an infectious disease outbreak is often inaccurate. Media coverage may create the impression that people are in immediate danger when really the risk for infection may be very low. Take steps to get the facts:

- Stay up to date on what is happening, while limiting your media exposure. Avoid watching or listening to news reports 24/7 since this tends to increase anxiety and worry. Remember that children are especially affected by what they hear and see on television.
- Look to credible sources for information on the infectious disease outbreak (see page 3 for sources of reliable outbreak-related information).

BE YOUR OWN ADVOCATE

Speaking out about your needs is particularly important if you are in quarantine,

since you may not be in a hospital or other facility where your basic needs are met. Ensure you have what you need to feel safe, secure, and comfortable.

- Work with local, state, or national health officials to find out how you can arrange for groceries and toiletries to be delivered to your home as needed.
- Inform health care providers or health authorities of any needed medications and work with them to ensure that you continue to receive those medications.

EDUCATE YOURSELF

Health care providers and health authorities should provide information on the disease, its diagnosis, and treatment.

- Do not be afraid to ask questions—clear communication with a health care provider may help reduce any distress associated with social distancing, quarantine, or isolation.
- Ask for written information when available.
- Ask a family member or friend to obtain information in the event that you are unable to secure this information on your own.

WORK WITH YOUR EMPLOYER TO REDUCE FINANCIAL STRESS

If you're unable to work during this time, you may experience stress related to your job status or financial situation.

- Provide your employer with a clear explanation of why you are away from work.
- Contact the U.S. Department of Labor toll-free at 1-866-487-2365 about the Family and Medical Leave Act (FMLA), which allows U.S. employees up to 12 weeks of unpaid leave for serious medical conditions, or to care for a family member with a

serious medical condition.

- Contact your utility providers, cable and Internet provider, and other companies from whom you get monthly bills to explain your situation and request alternative bill payment arrangements as needed.

CONNECT WITH OTHERS

Reaching out to people you trust is one of the best ways to reduce anxiety, depression, loneliness, and boredom during social distancing, quarantine, and isolation. You can:

- Use the telephone, email, text messaging, and social media to connect with friends, family, and others.
- Talk “face to face” with friends and loved ones using Skype or FaceTime.
- If approved by health authorities and your health care providers, arrange for your friends and loved ones to bring you newspapers, movies, and books.

Sources for Reliable Outbreak-Related Information

Centers for Disease Control and Prevention
1600 Clifton Road
Atlanta, GA 30329-4027
1-800-CDC-INFO (1-800-232-4636)
<http://www.cdc.gov>

World Health Organization
Regional Office for the Americas of the World Health Organization
525 23rd Street, NW
Washington, DC 20037
202-974-3000
<http://www.who.int/en>

- Sign up for emergency alerts via text or email to ensure you get updates as soon as they are available.
- Call SAMHSA’s free 24-hour Disaster Distress Helpline at 1-800-985-5990, if you feel lonely or need support.
- Use the Internet, radio, and television to keep up with local, national, and world events.
- If you need to connect with someone because of an ongoing alcohol or drug problem, consider calling your local Alcoholics Anonymous or Narcotics Anonymous offices.

TALK TO YOUR DOCTOR

If you are in a medical facility, you may have access to health care providers who can answer your questions. However, if you are quarantined at home, and you’re worried about physical symptoms you or your loved ones may be experiencing, call your doctor or other health care provider:

- Ask your provider whether it would be possible to schedule remote appointments via Skype or FaceTime for mental health, substance use, or physical health needs.
- In the event that your doctor is unavailable and you are feeling stressed or are in crisis, call the hotline numbers listed at the end of this tip sheet for support.

USE PRACTICAL WAYS TO COPE AND RELAX

- Relax your body often by doing things that work for you—take deep breaths, stretch, meditate or pray, or engage in activities you enjoy.
- Pace yourself between stressful activities, and do something fun after a hard task.
- Talk about your experiences and feelings to loved ones and friends, if you find it helpful.
- Maintain a sense of hope and positive

thinking; consider keeping a journal where you write down things you are grateful for or that are going well.

AFTER SOCIAL DISTANCING, QUARANTINE, OR ISOLATION

You may experience mixed emotions, including a sense of relief. If you were isolated because you had the illness, you may feel sadness or anger because friends and loved ones may have unfounded fears of contracting the disease from contact with you, even though you have been determined not to be contagious.

The best way to end this common fear is to learn about the disease and the actual risk to others. Sharing this information will often calm fears in others and allow you to reconnect with them.

If you or your loved ones experience symptoms of extreme stress—such as trouble sleeping, problems with eating too much or too little, inability to carry out routine daily activities, or using drugs or alcohol to cope—speak to a health care provider or call one of the hotlines listed to the right for a referral.

If you are feeling overwhelmed with emotions such as sadness, depression, anxiety, or feel like you want to harm yourself or someone else, call 911 or the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).

Helpful Resources

Hotlines

SAMHSA's Disaster Distress Helpline

Toll-Free: 1-800-985-5990 (English and español)

SMS: Text TalkWithUs to 66746

SMS (español): "Hablanos" al 66746

TTY: 1-800-846-8517

Website (English): <http://www.disasterdistress.samhsa.gov>

Website (español): <http://www.disasterdistress.samhsa.gov/espanol.aspx>

SAMHSA's National Helpline

Toll-Free: 1-800-662-HELP (24/7/365 Treatment Referral Information Service in English and español)

Website: <http://www.samhsa.gov/find-help/national-help-line>

National Suicide Prevention Lifeline

Toll-Free (English): 1-800-273-TALK (8255)

Toll-Free (español): 1-888-628-9454

TTY: 1-800-799-4TTY (4889)

Website (English): <http://www.suicidepreventionlifeline.org>

Website (español): <http://www.suicidepreventionlifeline.org/gethelp/spanish.aspx>

Treatment Locator

Behavioral Health Treatment Services Locator Website:

<http://findtreatment.samhsa.gov/locator/home>

For help finding treatment 1-800-662-HELP (4357) <https://findtreatment.gov/>

SAMHSA Disaster Technical Assistance Center

Toll-Free: 1-800-308-3515

Email: DTAC@samhsa.hhs.gov

Website: <http://www.samhsa.gov/dtac>

***Note: Inclusion or mention of a resource in this fact sheet does not imply endorsement by the Center for Mental Health Services, the Substance Abuse and Mental Health Services Administration, or the U.S. Department of Health and Human Services.**

HHS Publication No. SMA-14-4894 (2014)



CORONAVIRUS (COVID-19)



FREQUENTLY ASKED QUESTIONS

Attention All Employees:

The following is a collection of frequently asked questions from WestCare personnel about COVID-19. Responses related to facts and information about COVID-19 come from substantiated and cited sources. Any responses relating to WestCare operations and procedures are not policy and are subject to change. All employees must communicate with their supervisors prior to taking any action that will impact clients, programs and facilities.

This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Employees with questions, concerns or ideas about COVID-19 can now email: STAFF.SUPPORT@WESTCARE.COM
Please note that all emails sent to this address will be received by Human Resources and myself. Also, your immediate supervisor is available as a resource to answer questions and respond to concerns.

This FAQ document will be updated frequently. Employees are encouraged to consult this resource often.

- Robert "Bob" Neri, SVP, Chief Program/Service Officer

What is novel COVID-19 or coronavirus?

A novel coronavirus is a new coronavirus that has not been previously identified. The virus causing coronavirus disease 2019 (COVID-19), is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold. Patients with COVID-19 will be evaluated and cared for differently than patients with common coronavirus diagnosis. **SOURCE: CDC**

How does the COVID-19 virus spread?

The virus is thought to spread mainly from person-to-person

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.
These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

[CDC YouTube Video: How does COVID-19 spread?](#)



What are symptoms of COVID-19?

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed COVID-19 cases. The following symptoms may appear 2-14 days after exposure:

- Fever
- Cough
- Shortness of breath

Emergency warning signs for COVID-19 require medical attention immediately, including:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

SOURCE: CDC

Is there a vaccine for COVID-19?

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). **SOURCE: CDC**

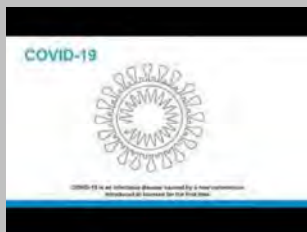
What steps can I take to protect myself from coronavirus?

[CDC YouTube Video: What can I do to protect myself from COVID-19?](#)

[WHO YouTube Video: How to protect yourself against COVID-19](#)

[CDC YouTube Video: What you need to know about hand washing](#)

[WHO YouTube Video: Hand Rubbing Steps \(Hand Sanitizer Application\)](#)



What are the best sources of info on COVID-19?

Information shared within WestCare facilities and programs shall come from substantiated sources including:

[Centers for Disease Control and Prevention \(CDC\) www.cdc.gov](http://www.cdc.gov)

[The World Health Organization www.who.int](http://www.who.int)

[Your state or territorial health department is also an excellent resource](#)

Misinformation about COVID-19 from unsubstantiated sources can lead to unnecessary fear and panic amongst colleagues, clients and their loved ones.

Who is most at-risk of COVID-19?

The following populations are at higher risk for serious illness from COVID-19:

- Older adults
- People with serious chronic medical conditions (e.g., heart disease, lung disease, diabetes, asthma, etc.).

SOURCE: CDC

[CDC YouTube Video: What older people need to know about COVID-19](#)



What are some things I can do to manage COVID-19 at home?

[CDC YouTube Video: The top 10 things you can do to manage COVID-19 at home](#)



What are options for COVID-19 testing?

As of March 14, 2020, the CDC is advising that if you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call your healthcare provider for medical advice. [Your state or territorial health department is also an excellent resource.](#)

How can I tell the difference between coronavirus, the flu, a cold or allergies?

There are some symptoms that are similar between these respiratory illnesses. This chart can help you figure out if you may be feeling symptoms of allergies or a respiratory illness like COVID-19.

Symptoms	Coronavirus* (COVID-19) <small>Symptoms range from mild to severe</small>	Cold <small>Gradual onset of symptoms</small>	Flu <small>Abrupt onset of symptoms</small>	Seasonal Allergies <small>Abrupt onset of symptoms</small>
Length of symptoms	7-25 days	Less than 14 days	7-14 days	Several weeks
Cough	Common (usually dry)	Common (mild)	Common (usually dry)	Rare (usually dry unless it triggers asthma)
Shortness of breath	Sometimes	No**	No**	No**
Sneezing	No	Common	No	Common
Runny or stuffy nose	Rare	Common	Sometimes	Common
Sore throat	Sometimes	Common	Sometimes	Sometimes (usually mild)
Fever	Common	Short fever period	Common	No
Feeling tired	Sometimes	Sometimes	Common	Sometimes
Headaches	Sometimes	Rare	Common	Sometimes (related to sinus pain)
Body aches and pains	Sometimes	Common	Common	No
Diarrhea	Rare	No	Sometimes for children	No

*Information is still evolving. **Allergies, colds and flus can all trigger asthma, which can lead to shortness of breath. COVID-19 is the only one associated with shortness of breath on its own. Sources: Asthma and Allergy Foundation of America, World Health Organization, Centers for Disease Control and Prevention

What are some tips for coping with stress and anxiety stemming from COVID-19?

Look for the **Coping/Resilience/Self-Care** section of WestCare's **COVID-19 Information** tab for good and useful information about coping and resilience for personnel, clients and their loved ones.

[YouTube Video: Dealing with COVID-19 anxiety with Kati Morton, LMFT + Unicef](#)



Can the COVID-19 virus be transmitted in areas with hot and humid climates?

From the evidence so far, the COVID-19 virus can be transmitted in ALL AREAS, including areas with hot and humid weather. Regardless of climate, adopt protective measures if you live in, or travel to an area reporting COVID-19. The best way to protect yourself against COVID-19 is by frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.

SOURCE: WHO

Is it true that cold weather will kill the virus?

There is no reason to believe that cold weather can kill the new coronavirus or other diseases. The normal human body temperature remains around 36.5°C to 37°C, regardless of the external temperature or weather. The most effective way to protect yourself against the new coronavirus is by frequently cleaning your hands with alcohol-based hand rub or washing them with soap and water.

SOURCE: WHO

Can coronavirus be transmitted through mosquito bites?

To date there has been no information nor evidence to suggest that the new coronavirus could be transmitted by mosquitoes. The new coronavirus is a respiratory virus which spreads primarily through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose. To protect yourself, clean your hands frequently with an alcohol-based hand rub or wash them with soap and water. Also, avoid close contact with anyone who is coughing and sneezing.

SOURCE: WHO

Do vaccines against pneumonia protect you against the new coronavirus?

No. Vaccines against pneumonia, such as pneumococcal vaccine and Haemophilus influenza type B (Hib) vaccine, do not provide protection against the new coronavirus. The virus is so new and different that it needs its own vaccine. Researchers are trying to develop a vaccine against 2019-nCoV, and WHO is supporting their efforts.

SOURCE: WHO

Are antibiotics effective in preventing and treating the new coronavirus?

No, antibiotics do not work against viruses, only bacteria. The new coronavirus (2019-nCoV) is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment.

SOURCE: WHO

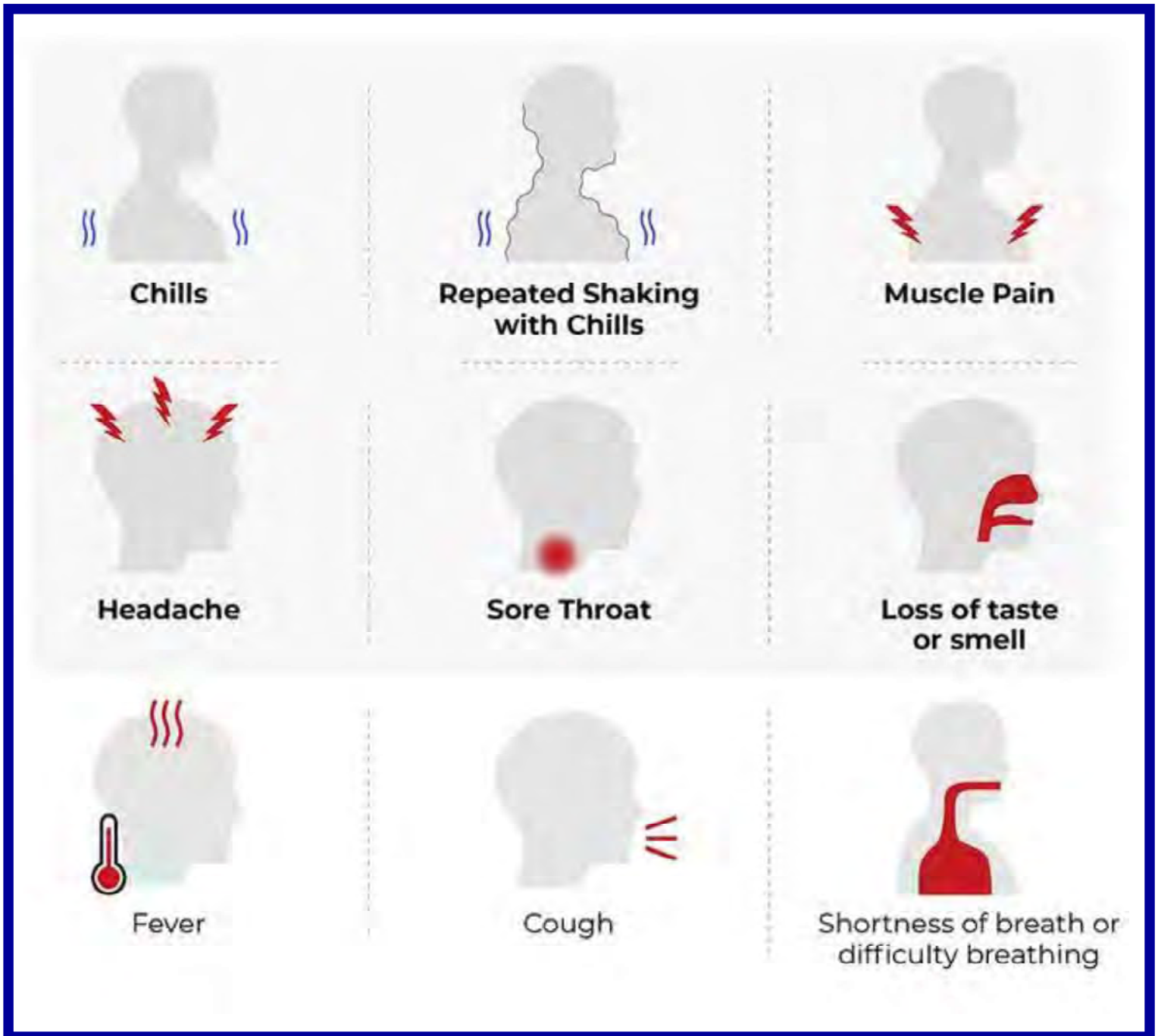
Where can I find WestCare guidance on cleaning and sanitizing our facilities?

WestCare's **Facility Sanitation Protocol** is accessible on the WestCare Intranet in the **COVID-19 Information** tab under sub-section: **WestCare Guidance**.

This document will be updated soon with more FAQs soon!

CORONAVIRUS SYMPTOMS

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus.



People with these symptoms or combinations of symptoms may have COVID-19.

THIS LIST IS NOT ALL INCLUSIVE.

Please consult your medical provider for any other symptoms that are severe or concerning to you.



WestCare Facility Monitoring and Screening COVID-19 Guidelines

As the outbreak of the Novel Coronavirus (COVID-19) continues to spread, WestCare is dedicated to keeping our clients and workforce safe. As a provider of **Residential, Withdrawal Management, Recovery Residences, and Transitional Housing** in the community we want to ensure the people we serve are able to continue to access medically necessary services in a timely and safe manner. Preventing the spread of illness at each site is very important, but with new clients coming and going all the time sick clients will inevitably enter program sites. Sites need to be able to **identify** sick clients, **isolate** them from other clients and staff members and work with appropriate medical staff. This document outlines guidelines to decrease the spread of COVID-19 through monitoring and screening.

COVID-19 is a new respiratory infection caused by the SARS-CoV-2 virus. Illness severity ranges from asymptomatic to life-threatening. The most common signs and symptoms of infection include: **fever, cough, and difficulty breathing**.

Based on the limited available data, older adults and those with chronic medical conditions are at highest risk for severe illness. At present, there is no vaccine to prevent COVID-19 and no antiviral medication that can be used after exposure. Thus, prevention and control efforts must rely on other measures.

How is COVID-19 spread?

COVID-19 may be introduced into a congregate living facility by newly admitted consumers, staff, or visitors. Spread can occur between and among consumers, staff and visitors. What is currently understood about COVID-19 is that it spreads person-to-person among close contacts via droplets produced from coughs or sneezes. It is also possible to spread COVID-19 via touching infected surfaces and then touching your nose, mouth or eyes. With an incubation period that lasts **2 to 14 days**, symptoms associated with COVID-19 include mild to severe respiratory illness with symptoms of fever, cough and shortness of breath. Spread in the absence of symptoms is possible, however, those who are symptomatic are the most contagious.

Ensure that all common areas within the facility follow good practices for environmental cleaning. Cleaning should be conducted in accordance with Facility Sanitation Guidelines and CDC recommendations.

Monitoring

Active surveillance should be performed daily to help identify clients showing signs of respiratory illness. Surveillance activities include, but are not limited to:

- Checking in daily with all clients for self-report of fever, new cough, or new shortness of breath. If thermometers are used to monitor temperature they must be contactless devices.
- Watching for trends in your facility regarding clients with fevers and respiratory symptoms.

Screening and Identification

Implement routine screening procedures to help identify potentially ill clients. Monitoring for these symptoms can be accomplished through a combination of self-screening and screening questionnaires administered by general staff, with a follow-up done by a medical professional. ***Remember, having symptoms is NOT a reason to exit a client from your facility or services.***

Self-screening refers to clients identifying themselves as having symptoms. The following activities may encourage self-screening among clients:

- Post signs with general symptoms near the entrance of your site and in other key locations, such as bathrooms.
- Post signs with instructions to notify staff if clients are feeling unwell.
- Remind clients upon check-in and at community meetings of common symptoms of infectious diseases, and how they should notify staff.
- When clients tell staff that they are feeling ill, have staff record the clients' names, symptoms, and room/bed numbers so they can be followed up with later by a supervisor, counselor, clinician, or case manager.

Screening Questionnaire refers to the WC COVID-19 Client Questionnaire developed and issued for completion of all clients. The questionnaire is administered before admission to any program and periodically as need dictates. It includes the following questions:

1. Have you traveled outside the US in the past 14 days
2. Have you had close contact with or cared for someone who has tested positive or been diagnosed with COVID-19 within the past 14 days
3. Are you at risk for COVID-19 or SARS-cov-2?
 - If yes, why do you believe so (check boxes)
 - If yes, have you experienced any of the following cold or flu-like symptoms in the past 14 days
 - If yes to symptoms, have you obtained a medical clearance from your PCP
4. Have you been hospitalized recently for COVID-19 or had influenza testing

A similar questionnaire is available for visitor screening when needed and if the facility is open for visitation. Entry will be denied if any of the questions, including whether the visitor is in a high risk group.

Reducing Transmission Risk:

Risk of COVID-19 transmission can be decreased by avoiding close contact with others.

- In general sleeping areas, CDC encourages but does not consider as an absolute requirement to situate beds/mats at least 3 feet apart with an ideal of 6 feet apart.
- Residents should also sleep head-to-toe and use temporary barriers between beds, when possible.
- Discuss current infection prevention process with clients that have influenza or tuberculosis and utilize similar practices as described below for COVID-19 transmission prevention



Preventative Measures by Facility Staff:

Ensure that clients receive assistance in preventing disease spread and accessing care, as needed by following the guidelines below:

- In general sleeping areas (for those who are not experiencing respiratory symptoms), ensure that beds/mats are at least 6 feet apart, and request that all clients sleep head-to-toe.
- Provide access to fluids, tissues, plastic bags for the proper disposal of used tissues.
- Mealtimes must be adjusted to accommodate quarantined and/or isolated clients
 - Quarantined clients should have their mealtimes staggered to avoid eating in shared dining facilities in large groups.
 - Isolated clients should have their meals delivered to their room to avoid the use of shared eating facilities.
 - Use paper and plastic utensils and at the completion of each meal all plates, utensils, paper cups, etc. are put into a garbage bag and taken to the dumpster.
- Ensure bathrooms and other sinks are consistently stocked with soap and drying materials for handwashing. Provide alcohol-based hand sanitizers that contain at least 60% alcohol (if that is an option at your facility) at key points within the facility, including registration desks, entrances/exits, and eating areas.
- Reduce the amount of face-to-face interactions with residents for simple informational purposes. Consider using bulletin boards, signs, posters, brochures, emails, phone, mailbox or sliding information under someone's door.
- Monitor clients who could be at high risk for complications from COVID-19 (those who are older or have underlying health conditions) and reach out to them regularly.
- Ensure social distancing practices by everyone in the facility.

What Is Social Distancing?

Social distancing means remaining out of congregate settings, avoiding mass gatherings, and maintaining distance (approximately 6 feet or 2 meters) from others when possible.

Social distancing is a way to keep people from interacting closely or frequently enough to spread an infectious disease. Schools and other gathering places such as movie theaters have already closed, and sports events and religious services have been largely cancelled.

What Is Quarantine?

Quarantine is used to separate and restrict the movement of **well** persons who may have been exposed to a communicable disease to see if they become ill. These people may have been exposed to a disease and do not know it, or they may have the disease but do not show symptoms. Quarantine can also help limit the spread of communicable disease. Patient may smoke outside, be given tasks and homework as part of programming, and hygiene is to be performed away from others with disinfection occurring afterwards.



Quarantine is required when a person has come into contact with someone testing positive in one of the following ways: face-to-face contact with an infected person for greater than 15 minutes, staying in the same close environment as a COVID 19 patient for any amount of time, travelling in close proximity with a patient in a vehicle or providing direct care to a patient without use of protective gear (WHO, March 19, 2020).

Should a client test positive while residing in residential, withdrawal management, recovery residences or transitional housing operated by WestCare all currently in the residence, including staff, will be subject to quarantine immediately. NO NEW PATIENTS WILL BE ADMITTED during the quarantine period.

Daily follow-up with all persons who are quarantined will be conducted within the facility for the duration of the quarantine period, including screening for body temperature and other symptoms. Both personnel and clients should understand the importance of promptly seeking medical care if they develop symptoms.

What Is Isolation?

Isolation is used to separate ill persons who have a communicable disease from those who are healthy. Isolation restricts the movement of ill persons to help stop the spread of certain diseases. For example, hospitals use isolation for patients with infectious tuberculosis. Client is treated on 'lay in' protocol whereby they do not attend treatment nor are they given homework. Staff contact is supportive. Staff may measure temperature when proper equipment is available, assess general mental state and obtain assistance from medical and/or mental health staff when available. All meals are brought to patient in his/or her room. Verification from a medical professional of a negative test or a finding that no viral shedding is occurring is required before patient can return to the general population.

Care for symptomatic clients

If a client develops symptoms including fever, cough or shortness of breath, *and has reason to believe they may have been exposed to COVID-19*, they should call their health care provider before seeking care, unless they are in a medical emergency. Once a client has been identified as having symptoms and has been isolated from other people at the site, the client may need to be transferred to the appropriate medical facility or isolation site, particularly if they get sicker or cannot be effectively isolated from others. This should be decided with the appropriate medical personnel.

Isolate the client in a single, private room or comfortable place with as much distance as possible from the rest of the congregate facility. Confine clients with mild respiratory symptoms consistent with COVID-19 infection to individual rooms, if possible, and have them avoid common areas. WestCare is following CDC recommendations on how to prevent further spread in the facility. Facilities should notify the local public health department immediately and follow the Interim Infection Prevention and Control Recommendations for Patients with COVID-19 or Persons Under Investigation for COVID-19 in Healthcare Settings, which includes detailed information regarding recommended PPE.

- The ill client should remain in isolation as determined by the local public health department. The client should not participate in group activities, including group dining, use of common areas, and/or receiving visitors until cleared to do.
- If a single, private room is not available, separation of the beds in the area should at least 6 feet apart or head-to toe with beds 3 feet apart.
- If possible, designate a separate bathroom for sick clients with COVID-19 symptoms.
- If a client refuses to wear a surgical mask, practice social distancing with the client and have staff members wear masks when interacting with the ill client.
- Allow them to rest, drink plenty of fluids, and have easy access to tissues and hand sanitizer.
- If client must leave their room for any reason, have them wear a surgical facemask.
- Consider reducing cleaning frequency in bedrooms and bathrooms dedicated to ill persons to as-needed cleaning (e.g., of soiled items and surfaces) to avoid unnecessary contact with the ill persons.

Personal Protective Equipment (PPE)

Staff should use Personal Protective Equipment (PPE) and be trained to use Standard Precautions when caring for symptomatic clients. Personal Protective Equipment, to the extent available should be standard when interacting with clients who are in isolation. Additionally, the following should be implemented.

- Post signs on the door or wall outside of the consumer room that clearly describe the type of required PPE.
- Make PPE, including facemasks and gloves, available immediately outside of the consumer spaces.
- Position a trash can near the exit inside any consumer room to make it easy for staff and consumers to discard PPE.

Staff should implement standard, contact, and airborne precautions.

- Wearing gloves if hand contact with blood, body fluids, respiratory secretions or potentially contaminated surfaces is expected.
- Changing gloves after each encounter and wash hands or use alcohol hand sanitizer immediately after removing gloves.
- Washing hands with soap and water when hands are visibly dirty or contaminated with respiratory secretions

Reporting an Outbreak

Please contact your local health department immediately if you have someone with a confirmed case of COVID-19 in your facility and/or suspect an outbreak in your facility.

What to do after COVID-19 infection is confirmed:

When a client who has tested positive has stayed or remains at your facility, staff need to determine who else among staff and clients might have been exposed to the virus. In consultation with local Health Departments, the following actions may be required:

- Restriction of admissions to the facility with symptomatic clients.
- Cancellation of group activities; all meals to be served in client rooms.
- Restriction of all visitors, including children.
- Recording a log of all persons who care for or enter the room or care area of the ill client.
- Monitoring and isolation of client(s) who were in contact with the case
- Maintenance of strict isolation of ill client with standard, contact, and airborne precautions.
- Minimization of the number of staff providing care for positive COVID-19.
- In case of children/youth involved with Child Welfare or Probation, please notify Social Worker or Probation Officer, as well as Intensive Care Coordinator and/or treatment coordinator.

Decisions about whether clients with mild illness due to suspected or confirmed COVID-19 should remain in the facility or be directed to alternative housing sites should be made in coordination with local health authorities. Similarly, identifying respite care locations for patients with confirmed COVID-19 who have been discharged from the hospital should be made in coordination with local healthcare facilities and your local health department.

If you identify any client with severe symptoms, notify your public health department and arrange for the client to receive immediate medical care. If this is a client with suspected COVID-19, notify the transfer team and medical facility before transfer. Severe symptoms include:

- Extremely difficult breathing (not being able to speak without gasping for air)
- Bluish lips or face
- Persistent pain or pressure in the chest
- Severe persistent dizziness or lightheadedness
- New confusion, or inability to arouse
- New seizure or seizures that won't stop

If a resident requires a higher level of care or the facility cannot fully implement all recommended precautions, the client should be transferred to another facility that is capable of implementation. Transport personnel and the receiving facility should be notified about the suspected diagnosis prior to transfer.

- While awaiting transfer, symptomatic residents should wear a facemask (if tolerated) and be separated from others (e.g., kept in their room with the door closed). Appropriate PPE should be used by healthcare personnel when coming in contact with the resident.

If the decision is that a client needs to obtain medical care, plan now on how this process would occur:

- Know the point of contact (POC) of the medical care facility (often ED charge nurse or nurse manager)
- Call this POC to give them advance warning that a patient who has symptoms suggestive of COVID-19 will be arriving to their facility
- Have discussions now about how this patient will be transported to the facility.
- Transportation with minimal exposure to others is suggested.

Stressors of Quarantine and/or Isolation:

What to Expect: Typical Reactions

Everyone reacts differently to stressful situations such as an infectious disease outbreak that requires social distancing, quarantine, or isolation. People may feel:

Anxiety, worry, or fear related to:

- Your own health status
- The health status of others whom you may have exposed to the disease
- The resentment that your friends and family may feel if they need to go into quarantine as a result of contact with you
- The experience of monitoring yourself, or being monitored by others for signs and symptoms of the disease
- Time taken off from work and the potential loss of income and job security
- The challenges of securing things you need, such as groceries and personal care items
- Concern about being able to effectively care for children or others in your care
- Uncertainty or frustration about how long you will need to remain in this situation, and uncertainty about the future
- Loneliness associated with feeling cut off from the world and from loved ones
- Anger if you think you were exposed to the disease because of others' negligence
- Boredom and frustration because you may not be able to work or engage in regular day-to-day activities
- Uncertainty or ambivalence about the situation
- A desire to use alcohol or drugs to cope
- Symptoms of depression, such as feelings of hopelessness, changes in appetite, or sleeping too little or too much
- Symptoms of post-traumatic stress disorder (PTSD), such as intrusive distressing memories, flashbacks (reliving the event), nightmares, changes in thoughts and mood, and being easily startled



Staff and clients may experience mixed emotions, as a result of being quarantined or isolated. Feelings of sadness or anger because others may have unfounded fears of contracting the disease from contact with them, even though they may have been determined not to be contagious.

The best way to end this common fear is to educate clients and staff about the disease and the actual risk to others. Sharing this information will often calm fears in others and them to reconnect.

If staff or clients experience symptoms of extreme stress—such as trouble sleeping, or inability to carry out routine daily activities—they should speak to a health care provider.

Reintegration after Quarantine and/or Isolation:

Test-based strategy

Resolution of fever without the use of fever-reducing medications **and** Improvement in respiratory symptoms (e.g., cough, shortness of breath), **and** Negative results of an FDA Emergency Use Authorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive nasopharyngeal swab specimens collected ≥ 24 hours apart (total of two negative specimens).

Symptom-based strategy – (non-test-based)

At least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath); **and**, At least 10 days have passed since symptoms first appeared

Time-based strategy – (asymptomatic)

10 days have passed since the date of their first positive COVID-19 diagnostic test assuming they have not subsequently developed symptoms since their positive test. Note, because symptoms cannot be used to gauge where these individuals are in the course of their illness, it is possible that the duration of viral shedding could be longer or shorter than 10 days after their first positive test.

COVID-19 Monitoring:

The health and safety of our clients and staff is a top priority at WestCare. We will continue to implement vigorous guidelines and procedures to address the coronavirus (COVID-19) and are following all governmental recommendations as well. Thank you for your understanding and for adhering to these guidelines to help us keep our clients, families, and visitors protected and healthy during this time. ***All questions can be directed to the corresponding facility director and/or the Deputy COO.***



To protect public health and slow the rate of transmission of COVID-19, gatherings as described below should be postponed or canceled across the state of California for at least the remainder of the month of March.

The California Department of Public Health finds the following:

- Large gatherings that include 250 people or more should be postponed or canceled.
 - This includes gatherings such as concerts, conferences, and professional, college, and school sporting events.
- Smaller gatherings held in venues that do not allow social distancing of six feet per person should be postponed or canceled.
 - This includes gatherings in crowded auditoriums, rooms or other venues.
- Gatherings of individuals who are at higher risk for severe illness from COVID-19 should be limited to no more than 10 people.
 - This includes gatherings such as those at retirement facilities, assisted living facilities, developmental homes, and support groups for people with health conditions.
- A “gathering” is any event or convening that brings together people in a single room or single space at the same time, such as an auditorium, stadium, arena, large conference room, meeting hall, cafeteria, or any other indoor or outdoor space.

This applies to all non-essential professional, social, and community gatherings regardless of their sponsor. Gatherings that do not meet the aforementioned criteria should only be conducted when they are essential—that is, if the activity is essential and could not be postponed or achieved without gathering, meaning that some other means of communication could not be used to conduct the essential function.

What will this achieve?

The timely implementation of aggressive strategies that create social distance and those that reduce close contact of people not regularly together, including limiting gatherings, has proven effective in prior pandemics at delaying rates of transmission and reducing illness and death.

By decreasing the prevalence of disease across California we will:

- Reduce the number of Californians who contract COVID-19 before an effective treatment or vaccine is available.
- Protect those most likely to experience severe symptoms, such as older Californians and those with underlying chronic conditions.
- Preserve and protect our health care delivery system, including our health care workforce, so they can care for the least healthy individuals in the community for any medical condition, not just COVID-19.
- Minimize the social and economic impacts of COVID-19 over the long run.

How long will these limitations apply?

This guidance will remain in place at least through the month of March. As with all guidance that relates to COVID-19 response, authorities will revisit this guidance on a regular basis to evaluate the continued public health need for it and to evaluate if any elements need to be changed. To stay informed, continue to monitor this link:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Guidance.aspx>

What is Social Distancing and how is it achieved?

Social distancing is a practice recommended by public health officials to stop or slow down the spread of contagious diseases. It requires the creation of physical space between individuals who may spread certain infectious diseases. The key is to minimize the number of gatherings as much as possible and to achieve space between individuals when events or activities cannot be modified, postponed, or canceled.

Although the Department expects most events with more than 250 attendees to be postponed or canceled, we emphasize that the venue space does matter. Achieving space between individuals of approximately six feet is advisable. Additionally, there is a particular focus on creating space between individuals who have come together on a one-time or rare basis and who have very different travel patterns such as those coming from multiple countries, states or counties.

What can be done to a make a gathering safer if it is essential or small?

- Stagger activities.
- Add frequency of an event to spread out attendance, e.g. hold more, smaller gatherings.
- Add distance between where individuals sit or stand around tables.
- Add additional hand washing stations and restrooms.
- Limit the number of people in lines.
- Avoid direct physical contact, such as hand-shaking, holding hands, and hugging.
- Extend hours to allow for staggering of attendance or participation.
- Use phones, videos or video conferencing to reduce the need for close interactions.
- Consider ways to encourage anyone with fever and respiratory symptoms to stay home when sick, such as
 - Offering refunds or support reselling of tickets for persons who become ill.
 - Placing messages on websites, tickets, and venue entrances reminding people to protect one another by staying home if sick.

Examples of Essential Events this Does Not Apply To

The goal of this recommendation is to prevent people physically coming together unnecessarily, where people who have the infection can easily spread it to others. This guidance does not apply to activities such as attendance at regular school classes, work, or essential services.

Please see the [guidance for schools](#) document for additional information.

Certain activities are essential to the functioning of our state and must continue. Hence, this does not apply to essential public transportation, airport travel, or shopping at a store or mall. Other [specific guidance](#) can be found on the CDPH website to help people take actions that can protect them in those settings.

This does not apply to congregate living situations, including dormitories and homeless encampments. For more information on what can be done to protect homeless individuals, please see the [Guidance for Homeless Assistance Providers on Novel Coronavirus \(COVID-19\) \(PDF\)](#).

Coronavirus Alert

If you have:



been **ANYWHERE IN CHINA**, in the 14 days before you got sick



a fever



cough or shortness of breath

Tell staff NOW and put on a mask.

Also, let us know if you have been in close contact with someone who is under investigation for coronavirus infection and you have a fever or symptoms of respiratory illness.

Alerta de Coronavirus

Si usted:



ha estado en **CUALQUIER PARTE DE CHINA** en los últimos 14 días antes de enfermarse

+



tiene fiebre

+



tiene tos o
falta de aire

Diga al personal AHORA y póngase una mascarilla.

Además, infórmenos si ha estado en contacto cercano con alguien que está siendo investigado por una infección por coronavirus y si tiene fiebre o síntomas de una enfermedad respiratoria.



ASP MANDATORY COVID-19 STAFF TESTING

WHEN: May 27th 0800-1700, 28th, 0500-1500, 29th 0800-1700
June 1st 0800-1700, June 2nd 0500-1500

WHERE: C Visiting

EMPLOYEES ARE REQUIRED TO BRING: PERNER number

FREQUENTLY ASKED QUESTIONS

1. **Is there a cost at the time of testing or will I be charged a co-pay from my health care provider?** NO
2. **Who is doing the testing?** Emeryville Occupational Medical Center (EOMC) staff who are trained clinical professionals will conduct your testing, deliver the specimens to a Lab, and follow personal data protection requirements and applicable laws.
3. **What kind of COVID test is it?** Nose Swab Test. Currently, this is the most common test for COVID-19, and is recommended by the CDC. In the nasal (or nasopharyngeal) swab test, an EOMC staff will stick a long Q-tip-like swab into one or both nostrils to collect a sample. The process is described as being slightly uncomfortable but not painful.
4. **How long will it take to get my results?** No more than 7 days.
5. **Do I still come to work after I get my COVID test?** Yes. If you are able to answer no to the front screening entrance questions and do not have a fever you should report to work. All face covering, PPE, social distancing, and cleaning procedures should be followed. If you do begin to experience symptoms, do not report to work and follow existing call out procedures. If you begin feeling ill while at work, notify your supervisor immediately.
6. **Who will tell me if I am positive or negative?** Staff from EOMC will contact you with your results.
7. **What happens if I am positive?** EOMC will work with the Office of Employee Health (OEH) Nurse Consultants who will contact you and provide the process, including coordination with the local Public Health Office or your health care provider regarding isolation orders and the return to work process.
8. **Will I receive ATO if I am positive?** Yes. Note there are specific guidelines from the California Department of Human Resources (CalHR) that govern the ATO process and limitations. If you have previously exceeded the ATO COVID-19 related limitations, CDCR and CCHCS HQ Human Resources will consult with CalHR.
9. **I have already tested positive for COVID-19, do I need to test again?** NO, if you have tested positive for COVID-19, there is no need to test again.
10. **I took a COVID-19 ANTI BODY (serology) test, do I have to test?** YES, an antibody test, also called a serological test, is supposed to be able to detect whether a person has already had the coronavirus before, and has since recovered. The test does this by testing individuals' blood for coronavirus antibodies to see if they have already recovered from the virus and therefore may have gained a certain degree of immunity to it. It is not known yet if having antibodies to the virus that causes COVID-19 can protect someone from getting infected again or, if they do, how long this protection might last.
<https://www.cdc.gov/coronavirus/2019-ncov/testing/serology-overview.html>
11. **I recently had a COVID-19 test and it was negative, do I have to test again?** Yes, COVID-19 testing are a point in time test. Receiving a negative result does not mean you will not become positive in the future.
12. **Is this testing mandatory for all state employees not just staff assigned to CIM? If so why not?** Mandatory testing is in development for other locations. The process will be the same for all institutions.
13. **If this is mandated, I should not be required to share my medical history with anyone one other than my primary medical doctor.** Employees will not be asked any medical history information when testing. Public Health Offices have the authority to provide results to OEH (similar to TB results).
Sharing Protected Health Information during the COVID-19 Public Health Crisis:
May share patient information with anyone as necessary to prevent or lessen a serious and imminent threat to the health and safety of a person or the public – consistent with applicable law (such as state statutes, regulations, or case law)
The department follows all laws, rules, regulations related to privacy. The OEH Nurse Consultants have had training regarding employee privacy. We take very seriously the role of OEH and ensure all processes and protocols are followed.
14. **If I do not test what will happen?** There is a potential for progressive discipline.

COVID STAFF RESOURCES: <https://www.cdcr.ca.gov/covid19/information/>

BEFORE ENTERING THIS ROOM



WASH

OR



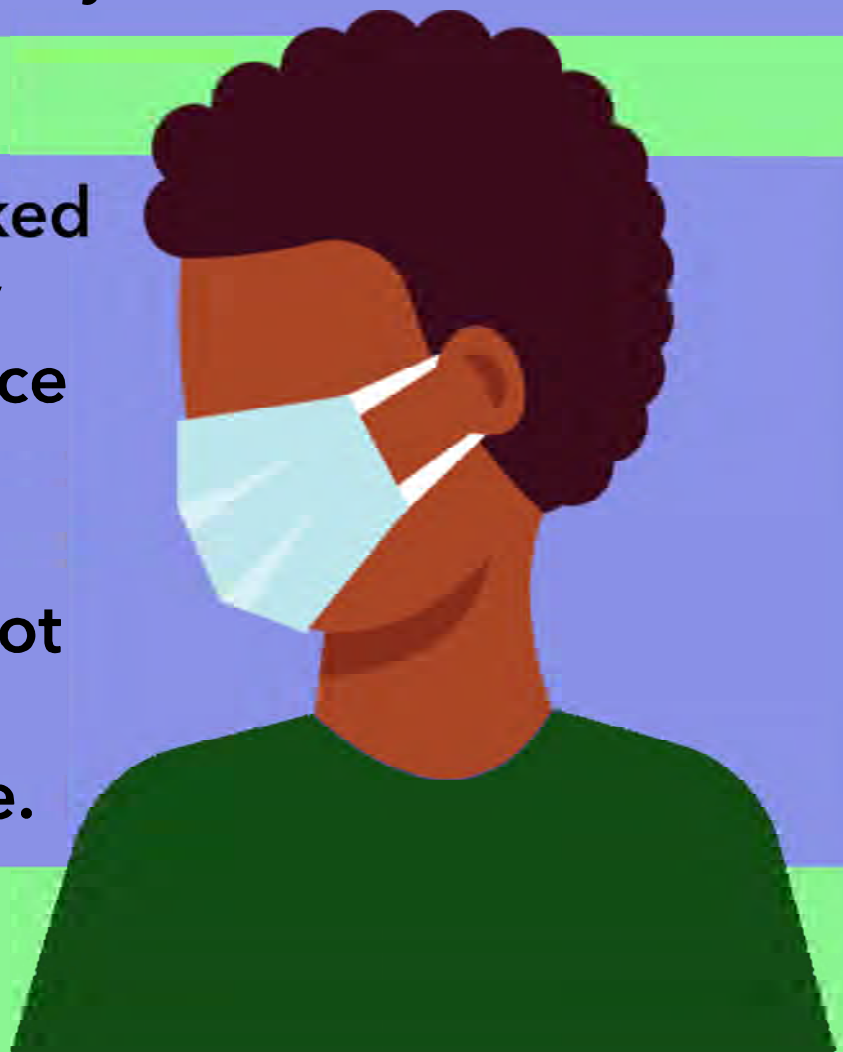
SANITIZE

EVERY TIME

DO NOT ENTER THIS FACILITY WITHOUT A FACE COVERING

You are expected to wear a face covering while in this facility.

You may be asked to momentarily remove your face covering for identification purposes. Do not use PPE masks for this purpose.



INMATES MUST USE A CLOTH FACE COVERING WHEN



● In dorm settings

● Moving outside of cell

● Interacting with other inmates
(ex: yard time, canteen, dayroom)

● Attending health care
appointments

● In medication
administration areas

You may be
asked to
remove the
face covering
for
identification
purposes

LOS PRESOS SON REQUIRIDOS A USAR UNA CUBIERTA FACIAL DE TELA CUANDO



● En los dormitorios

● Moviéndose fuera de la celda

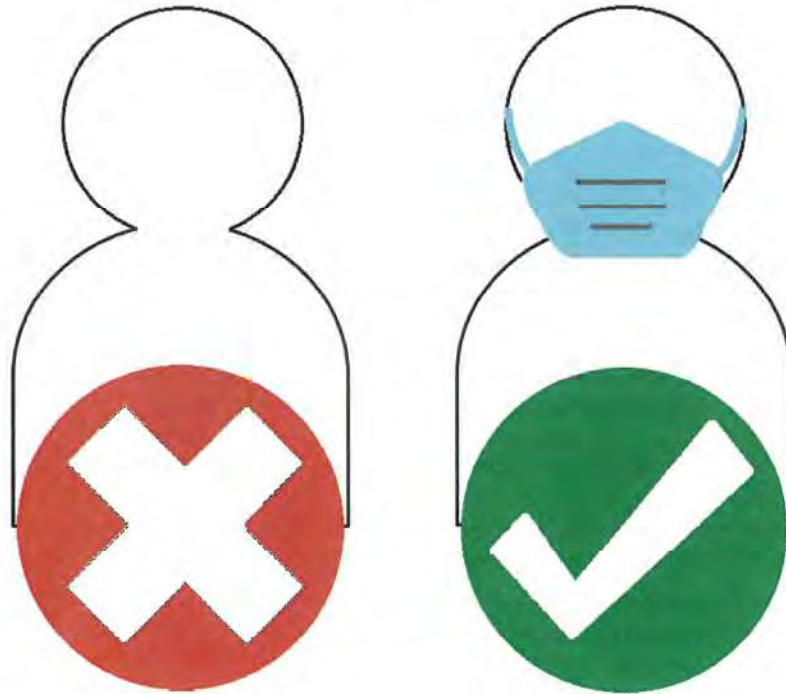
● Interactuando con otros presos (tiempo de patio, visitando la tienda, salón social)

● Asiste a citas de atención médica

● En áreas de administración de medicamentos

Es posible que se le ordene que retire la cubierta facial por propósito de identificación

NO ENTRY WITHOUT FACE MASK



ATTENTION ALL STAFF

Effective immediately, all staff are required to wear a face mask or will be denied entry.

This safety equipment must be worn at all times for mitigation of the COVID-19 virus to protect your health.

This is a mandatory directive.

-Warden & CEO

WASH YOUR HANDS



**TO PREVENT THE SPREAD OF GERMS,
WASH YOUR HANDS OFTEN WITH SOAP
AND WATER FOR AT LEAST 20 SECONDS.**



**USE HAND SANITIZER ONLY WHEN
SOAP AND WATER ISN'T AVAILABLE**

HOW TO USE HAND SANITIZER:

- Apply the gel product to the palm of one hand.
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.



CAUTION! DO NOT DRINK THIS PRODUCT.

The contents of sanitizer products can cause poisoning, injury and death.

THIS UNIT IS QUARANTINED

Proper PPE is required by all staff in this area.



Mask (surgical grade-level)



Gloves (if contact)
























































Please make sure to use caution and wash your hands frequently.



****CHECK YOUR PERSONAL PROTECTION PRACTICES!****

- **AM I WEARING MY MASK?** (ALWAYS!)
- **AM I SOCIAL DISTANCING?** (6 FEET BETWEEN * ME +MY PEERS)
- **AM I WASHING MY HANDS?** (20 SECONDS, WARM SOAPY WATER)
- **AM I KEEPING MY CELL AND BUILDING CLEAN?** (PREVENT GERMS FROM SPREADING)
- **AM I NOT SHARING PERONAL ITEMS?** (NO SHARING = LOW RISK OF INFECTION)
- **DO I HAVE A COUGH, FEVER OR TROUBLE BREATHING?** (TELL THE NURSE ASAP!)
- **FRIEDNLY REMINDERS!**
 - ✓ NO SHAKING HANDS
 - ✓ WIPE DOWN THE PHONE
 - ✓ WIPE DOWN BENCHES
 - ✓ CLEAN THE BATHROOM
 - ✓ COVER YOUR MOUTH (COUGH/SNEEZE INTO ELBOW)

COVID-19 SYMPTOMS vs. Flu, Cold, & Allergies

		COVID-19	FLU	COLD	ALLERGIES
	COUGH				
	FEVER				
	BREATHLESSNESS				
	BODY ACHES				
	HEADACHE				
	FATIGUE				
	SORE THROAT				
	DIARRHEA				
	RUNNY NOSE				
	SNEEZING				
	WATERY EYES				

 **Frequently**
 **Sometimes**
 **Little**
 **Rarely**
 **None**

Common Human Coronaviruses

Common human coronaviruses, including types 229E, NL63, OC43, and HKU1, usually cause mild to moderate upper-respiratory tract illnesses, like the common cold. Most people get infected with one or more of these viruses at some point in their lives. **This information applies to common human coronaviruses and should not be confused with Coronavirus Disease-2019 (formerly referred to as 2019 Novel Coronavirus).**

Symptoms of common human coronaviruses

- runny nose
- sore throat
- headache
- fever
- cough
- general feeling of being unwell

Human coronaviruses can sometimes cause lower-respiratory tract illnesses, such as pneumonia or bronchitis. This is more common in people with cardiopulmonary disease, people with weakened immune systems, infants, and older adults.

Transmission of common human coronaviruses

Common human coronaviruses usually spread from an infected person to others through

- the air by coughing and sneezing
- close personal contact, like touching or shaking hands
- touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands

In the United States, people usually get infected with common human coronaviruses in the fall and winter, but you can get infected at any time of the year. Young children are most likely to get infected, but people can have multiple infections in their lifetime.

Preventing viral respiratory infections

Protect yourself from getting sick

- wash your hands often with soap and water for at least 20 seconds
- avoid touching your eyes, nose, or mouth with unwashed hands
- avoid close contact with people who are sick

Protect others when you are sick

- stay home while you are sick
- avoid close contact with others
- cover your mouth and nose when coughing or sneezing
- clean and disinfect objects and surfaces

Treatment for common human coronaviruses

There is no vaccine to protect you against human coronaviruses and there are no specific treatments for illnesses caused by human coronaviruses. Most people with common human coronavirus illness will recover on their own. However, to relieve your symptoms you can:

- take pain and fever medications (Caution: do not give aspirin to children)
- use a room humidifier or take a hot shower to help ease a sore throat and cough
- drink plenty of liquids
- stay home and rest

If you are concerned about your symptoms, contact your healthcare provider.

Testing for common human coronaviruses

Sometimes, respiratory secretions are tested to figure out which specific germ is causing your symptoms.

- If you are found to be infected with a common coronavirus (229E, NL63, OC43, and HKU1), that does not mean you are infected with the 2019 novel coronavirus.
- There are different tests to determine if you are infected with 2019 novel coronavirus. Your healthcare provider can determine if you should be tested.

Resources

Common and other human coronavirus types

<https://www.cdc.gov/coronavirus/types.html>

CDC's Clean Hands Save Lives!

<https://www.cdc.gov/handwashing>



Centers for Disease Control and Prevention
National Center for Immunization and Respiratory Diseases



COVID-19 SICK TIPS

Symptoms

Interview Patient Immediately!

S Assess for coughing, fever, shortness of breath, fatigue. Ask patient how long they have had these symptoms & who they have had contact with.

Isolate & Instruct

I Instruct to remain in cell or isolation area, wash hands in & out of cell, when coughing use tissue & discard or cover mouth with elbows. Complete a 7362 if symptoms worsen.

Calls & Cancellations

C Cancel all appointments and patient movement. Call and notify the PHN, PCP and Custody of patient restrictions. Screen roommates. Request medical hold.

Keep patients protected

K Keep patient isolated & roommates quarantined. Keep screening and monitoring patients/roommates for worsening symptoms. Take temperatures twice daily.

Quick Tips

- See all patients immediately, regardless of refusals. A cell front assessment is required.
- Provide a mask to coughing patients prior to any interviews or interaction.
- Teach proper handwashing & ensure patients have hand soaps and tissue in cell and dorms.
- Educate patients on social distancing.
- Explain to patient the importance of preventing the disease from spreading (Quarantine Vs. Isolation).
- Provide reassurance to the patient.
- Utilize current processes for identifying patients i.e. 7362, clinical rounds etc.
- Remember to quarantine patients for 14 days who have been in contact with someone who had symptoms of ILI or is in isolation for COVID-19.
- Isolate patients with new or worsening symptoms or temperatures of 100 F and above.

PERSONAL PROTECTIVE EQUIPMENT (PPE)

PPE based on exposure threat level

MEDICAL ISOLATION
Staff working in Medical Isolation areas with Patient Contact shall wear:
<ul style="list-style-type: none">• N95 Respirator Mask• Eye Protection• Disposable Gloves• Disposable Gowns or Tyvek

RED

Staff shall wear Medical Isolation (M/I) PPE when working with affected Inmates in the following locations and situations:

- Correctional Treatment Center (CTC)
- Forestry M/I Tiers
- Treatment and Triage Area (TTA)
- Administering Tests
- Inmate Transports

Inmates shall wear a Surgical Mask for Cell-Front Encounters, Out-of-cell movement, and Transports.

QUARANTINE SINGLE CELL
Staff working in Quarantine areas shall wear:
<ul style="list-style-type: none">• Surgical Mask• Eye Protection• Disposable Gloves

GREEN

Staff shall wear Quarantine PPE when working with affected Inmates in the following locations and situations:

- Any Quarantined Cell
- Barneberg A/B
- Harrison B
- Wilson A
- Forestry – Quarantine Tier
- TTA

Inmates shall wear a Surgical Mask for Cell-Front Encounters, Out-of-cell movement, and Transports.

SOCIAL DISTANCING
Staff working in Social Distancing areas shall wear:
<ul style="list-style-type: none">• Cloth Face Covering / Mask

BLUE

All Staff and Contractors working or performing duties on institutional grounds shall wear a cloth face covering at minimum.

Inmates shall wear a cloth face covering for Cell-Front Encounters, Out-of-cell movement, and Transports.

At all times, staff shall observe Universal Precautions in approaching any situation, and wear the Appropriate/Required PPE for the specific task being performed.

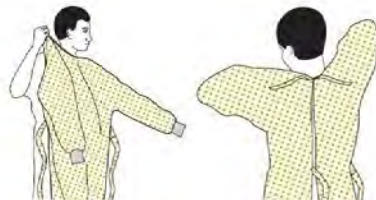
PERSONAL PROTECTIVE EQUIPMENT SEQUENCE AND INSTRUCTIONS

SEQUENCE FOR PUTTING ON PERSONAL PROTECTIVE EQUIPMENT (PPE)

The type of PPE used will vary based on the level of precautions required, such as standard and contact, droplet or airborne infection isolation precautions. The procedure for putting on and removing PPE should be tailored to the specific type of PPE.

1. GOWN

- Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back
- Fasten in back of neck and waist



2. MASK OR RESPIRATOR

- Secure ties or elastic bands at middle of head and neck
- Fit flexible band to nose bridge
- Fit snug to face and below chin
- Fit-check respirator



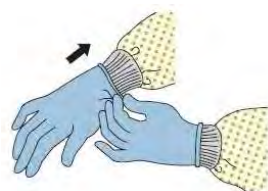
3. GOGGLES OR FACE SHIELD

- Place over face and eyes and adjust to fit



4. GLOVES

- Extend to cover wrist of isolation gown



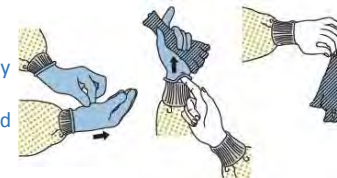
- Keep hands away from face
- Limit surfaces touched
- Change gloves when torn or heavily contaminated
- Perform hand hygiene

HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE)

Remove all PPE before exiting the patient room except a respirator, if worn. Remove the respirator after leaving the patient room and closing the door. Remove PPE in the following sequence:

1. GLOVES

- Outside of gloves are contaminated!
- If your hands get contaminated during glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Using a gloved hand, grasp the palm area of the other gloved hand and peel off first glove
- Hold removed glove in gloved hand
- Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove
- Discard gloves in a waste container



2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band or ear pieces
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container.



3. GOWN

- Gown front and sleeves are contaminated!
- If your hands get contaminated during gown removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Unfasten gown ties, taking care that sleeves don't contact your body when reaching for ties
- Turn gown inside out
- Pull gown away from neck and shoulders, touching inside of gown only
- Fold or roll into a bundle and discard in a waste container

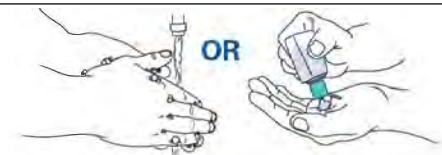


4. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated – DO NOT TOUCH!
- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in a waste container



5. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE



USE SAFE WORK PRACTICES TO PROTECT YOURSELF AND LIMIT THE SPREAD OF CONTAMINATION

PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS BECOME CONTAMINATED AND IMMEDIATELY AFTER REMOVING ALL PPE



FACE BARRIER / MASK

**All staff working or performing
duties on institutional grounds
shall wear at a minimum a
Cloth Face Barrier / Mask Covering**



FACE COVERING REQUIRED

How to wear a **face mask**



DOs



Wash mask after use in hot water and dry thoroughly



Wash hands for 20 seconds prior to putting on and after taking off your mask



Still practice **social distancing** when wearing a mask



Make sure it **fits snugly** but comfortably against the side of your face



Make sure it covers your **mouth and nose**



DON'Ts



Take the mask on and off – **once on, leave on**



Touch or adjust the mask once it is on your face, this can cause contamination



Touch your eyes, nose or mouth when removing the mask



How To Properly Wear A Face Mask



Last updated: April 24

Always wash hands before and after wearing your mask and clean reusable masks after use.
Avoid touching the mask at all times and only use the bands or ties to put on and remove.



DON'T
wear your mask
below your nose



DON'T
wear your mask
low on your nose



DON'T
leave your chin
exposed



DON'T
wear your mask
under your chin or
temporarily remove
it in public



DON'T
let your mask hang
loosely with gaps
around your face



DO
wear your mask up
to the top of your nose
and under your chin;
snug and without gaps

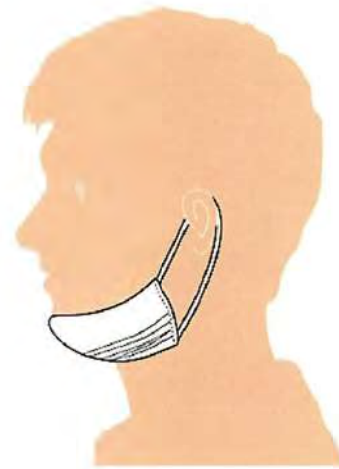
DOs AND DON'Ts OF WEARING A MASK



×



×



×



✓

Qué Hacer y qué No Hacer con una Máscara

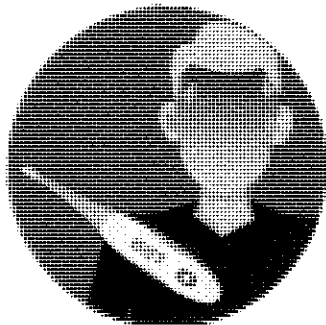
This Seat Is Reserved For



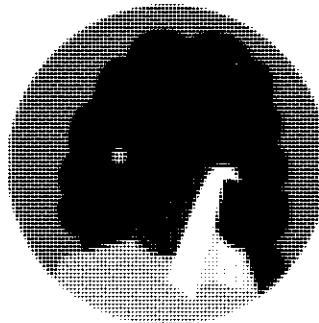
Social Distancing

Feeling Sick?

DO NOT ENTER if you have:

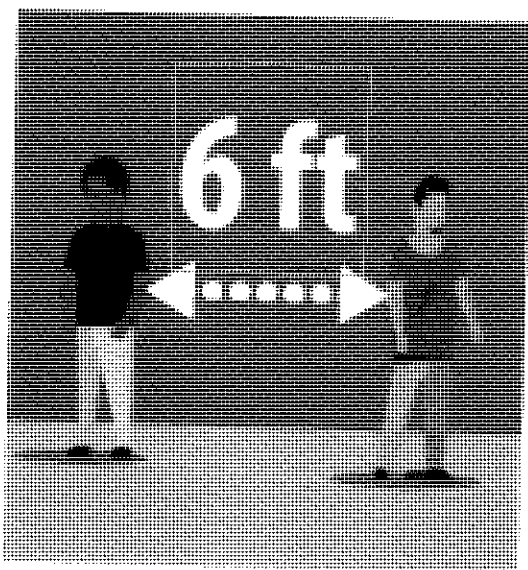


FEVER



COUGH

When inside, practice SOCIAL DISTANCING



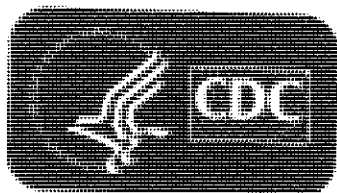
Stay about 6 feet, about two arm lengths, away from other people.

» Avoid hugging and handshakes during this time.

Avoid groups when you can.

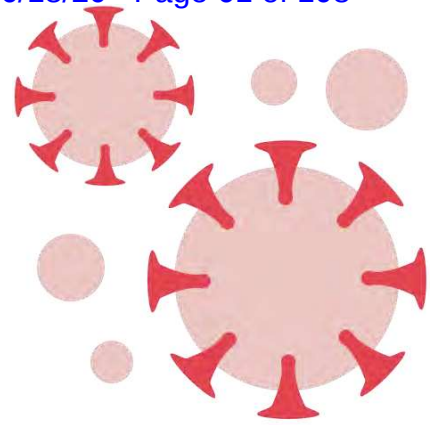
» Sometimes this won't be possible.

» If you need to be in a line or a group of people, try to keep about 6 feet of distance from them.



cdc.gov/CORONAVIRUS

COVID-19 QUICK GUIDE



QUARANTINED

Exposed to confirmed COVID-19 case with no signs or symptoms.

Screening questions and temperatures twice daily. In cases of extreme hardship, screening and temperatures a minimum of once daily may be approved jointly by the local CEO, CNE and CME.



SUSPECTS: ISOLATED ALONE

Sick – Individuals with signs and symptoms.

Test for Influenza and COVID-19 immediately. Vital signs and O2 SATS twice daily. Await diagnoses & monitor symptoms. (DO NOT house with other sick people, as we DO NOT know the pathogen). If suspect confirmed as positive for COVID-19, move to COVID-19 CASE status below.



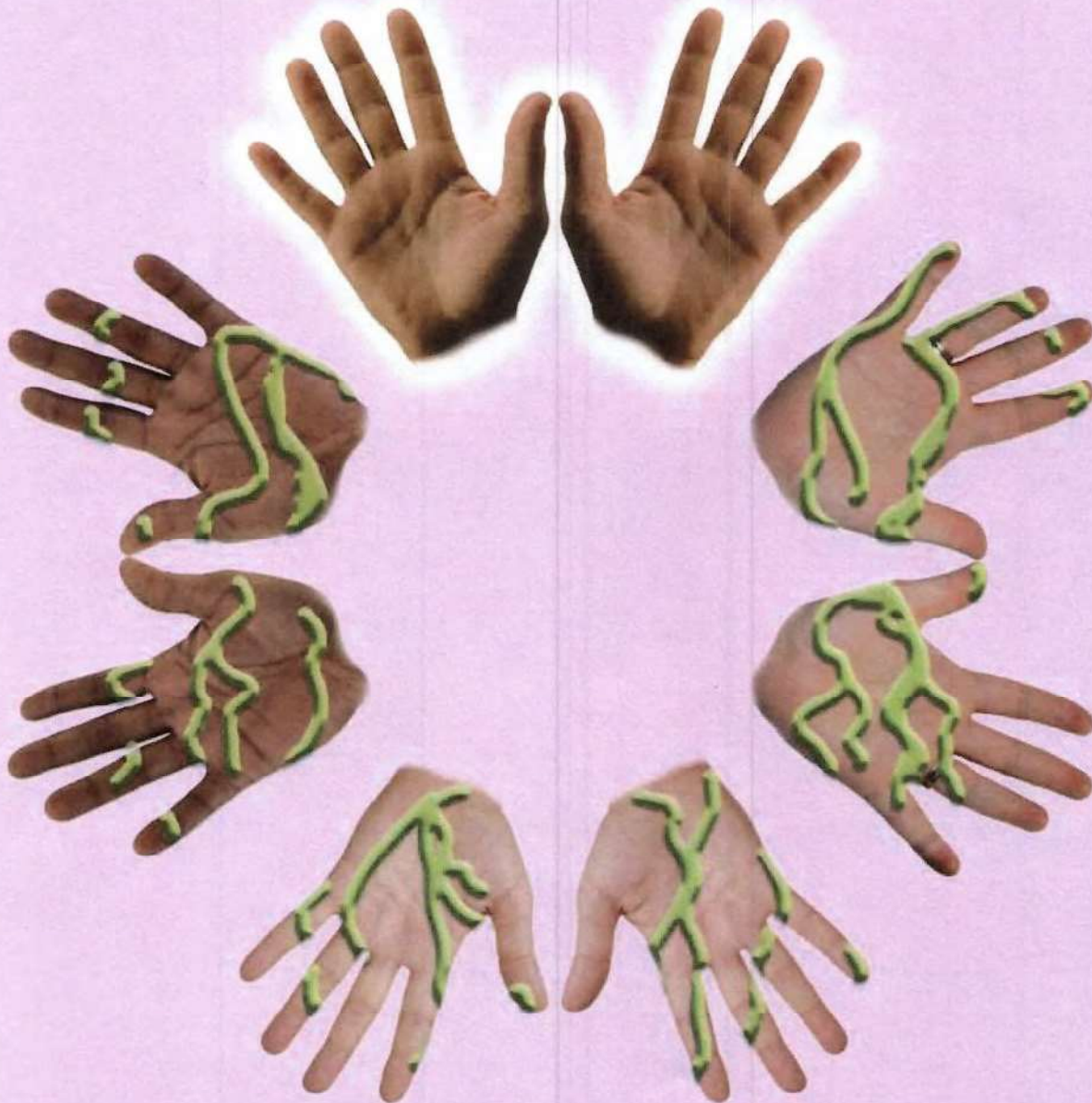
COVID-19 CASE: ISOLATED

Sick – Individuals with confirmed COVID-19 diagnosis.

Vitals signs and O2 SATS twice daily. Assess for worsening symptoms & recovery. (DO isolate CONFIRMED COVID-19 together, as we DO know the pathogen. DO NOT house COVID-19 cases with influenza cases).

BREAK THE GERM CYCLE

Stop the spread of germs from patients, staff,
family, and others.....Clean your hands!



www.publichealth.va.gov/InfectionDontPassItOn



VA
HEALTH
CARE

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EXCELLENCE
in the 21st Century

Hands 12 - All



CLEAN YOUR HANDS!

WHY:

- ✓ Stay healthy
- ✓ Prevent colds
- ✓ Prevent flu
- ✓ Prevent diarrhea
- ✓ Prevent spread of other sicknesses and diseases

WHEN:

- ✓ Before and after visiting someone's hospital room
- ✓ Before eating
- ✓ After using restroom
- ✓ After coughing or sneezing
- ✓ After being near someone sick or someone coughing or sneezing
- ✓ After touching trash

HOW:

- ✓ Use an alcohol hand rub.
Rub hands until dry
- OR
- ✓ Wash with soap and water



www.publichealth.va.gov/InfectionDontPassItOn



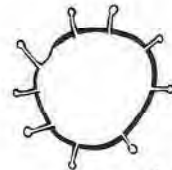
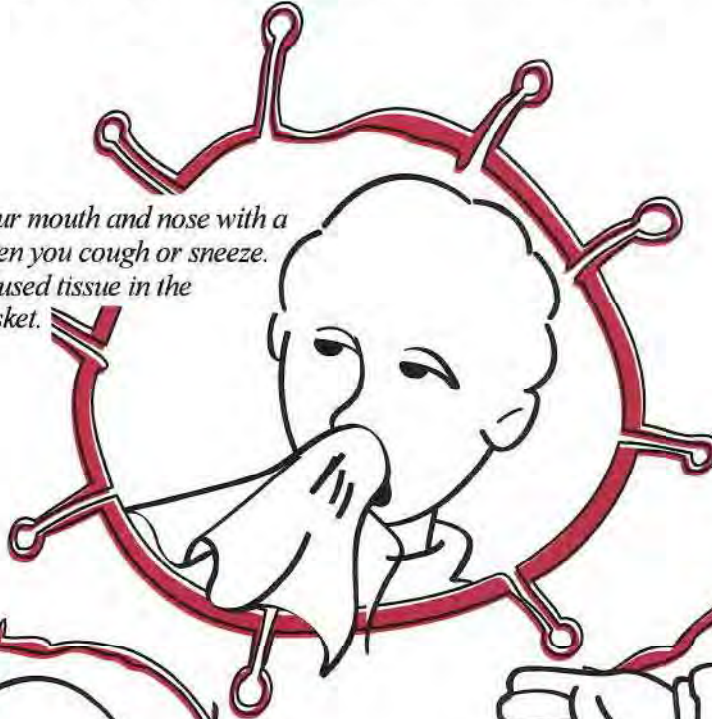
VA
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Hands 4 - All

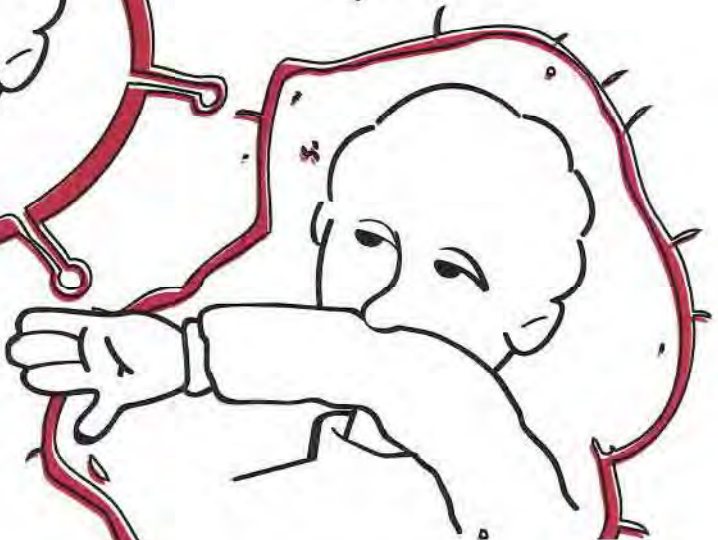
Cover Cough

Stop the spread of germs that can make you and others sick!

Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket.



If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.



You may be asked to put on a facemask to protect others.

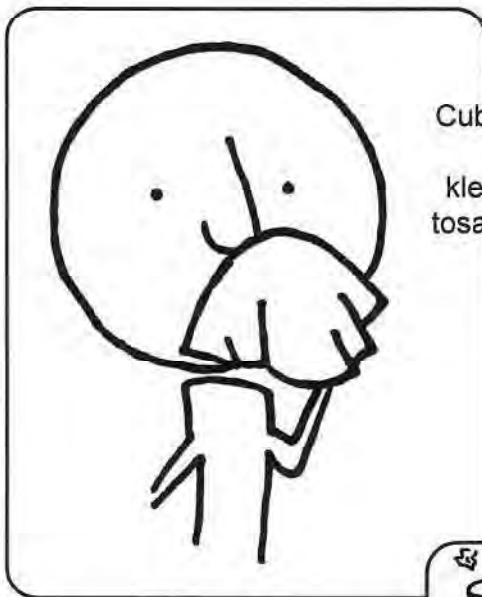


Wash hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub.



¡Pare la propagación de gérmenes que lo enferman a usted y a otras personas!

Cubra su tos



Cubra su boca y
nariz con un
kleenex cuando
tosa o estornude
o

tosa o estornude en la
manga de su camisa,
no en sus manos.



Deseche el kleenex
sucio en un basurero.



Quizás le pidan ponerse una
mascarilla quirúrgica para
proteger a otras personas.

Lávese las manos

después de toser o estornudar.



Lávese las manos con
jabón y agua tibia

o
límpielas con un
limpiador de manos
a base de alcohol.



Minnesota Department of Health
625 N Robert Street, PO Box 64975
St. Paul, MN 55164-0975
651-201-5414 TDD/TTY 651-201-5797
www.health.state.mn.us

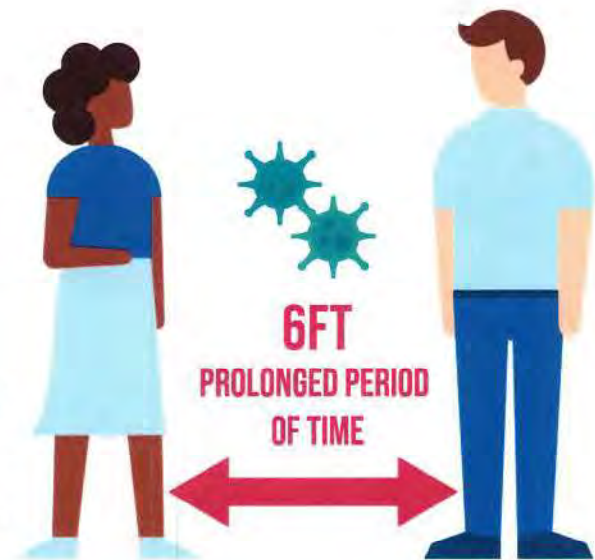








Minnesota
Antibiotic
Resistance
Collaborative



Spanish
10411-1426

COVID-19 PPE GUIDE

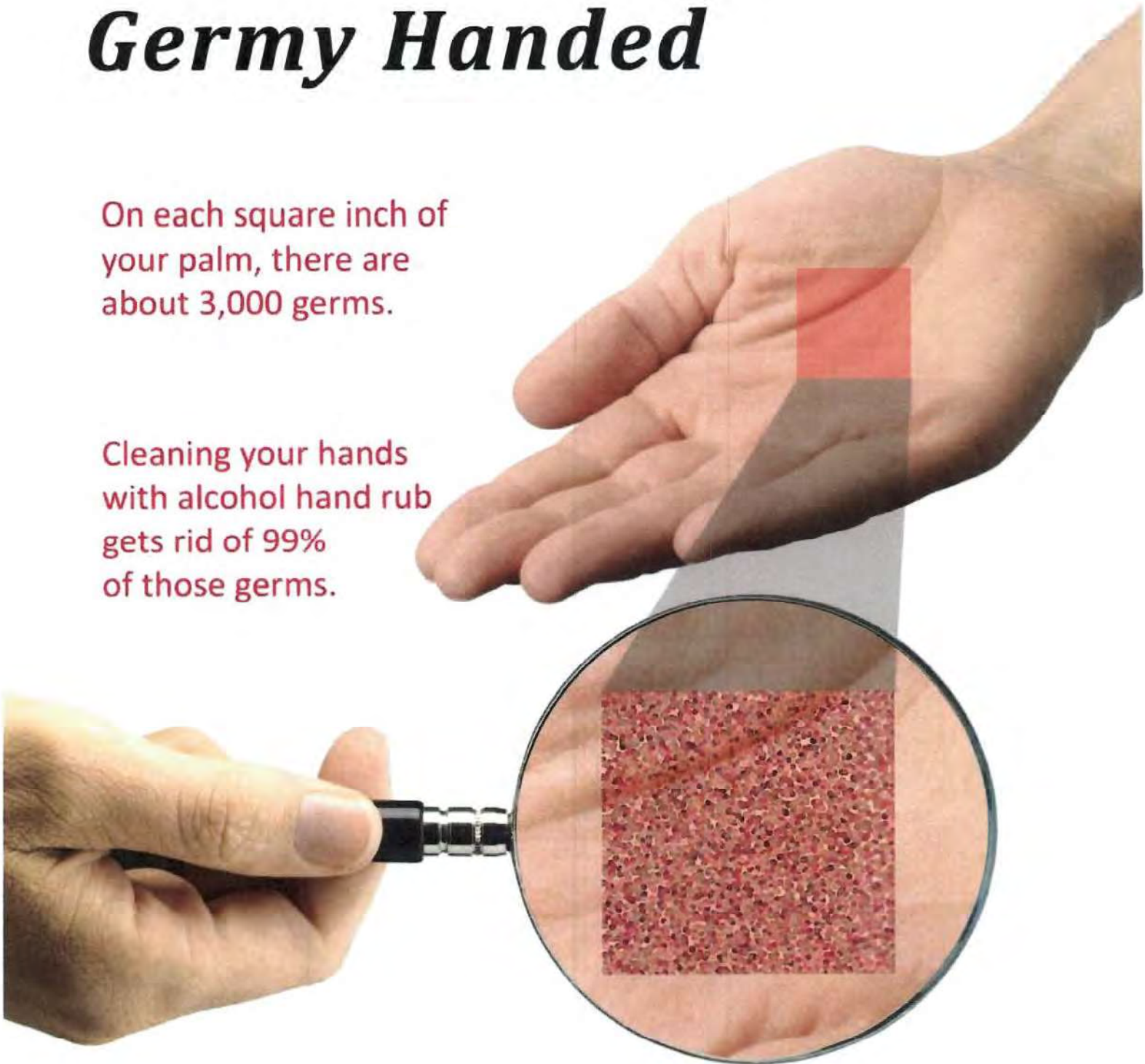


	SCREENER LESS THAN 6 FEET FROM STAFF OR VISITOR	↔	SURGICAL MASK, EYE PROTECTION, HAND HYGIENE
	PERSON LESS THAN 6 FEET FROM QUARANTINED INDIVIDUAL	↔	SURGICAL MASK, EYE PROTECTION, HAND HYGIENE (GLOVES IF CONTACT)
	PERSON LESS THAN 6 FEET FROM SUSPECT INDIVIDUAL	↔	SURGICAL MASK, EYE PROTECTION, GLOVES, HAND HYGIENE
	PERSON LESS THAN 6 FEET FROM CONFIRMED COVID-19 CASE	↔	SURGICAL MASK, EYE PROTECTION, GLOVES, HAND HYGIENE
	PERSON LESS THAN 6 FEET FROM CONFIRMED COVID-19 CASE & AEROSOL PRODUCING PROCEDURE (COVID-19 TESTING, CPR ETC.) OR HIGH CONTACT PATIENT CARE (BATHING, ETC.)	↔	RESPIRATOR N95, EYE PROTECTION, GOWN, GLOVES
	PERSON ACCOMPANYING ANY PATIENTS WITH RESPIRATORY SYMPTOMS IN TRANSPORT VEHICLE	↔	RESPIRATOR N95, EYE PROTECTION, GOWN, GLOVES

Don't Get Caught Germy Handed

On each square inch of
your palm, there are
about 3,000 germs.

Cleaning your hands
with alcohol hand rub
gets rid of 99%
of those germs.



www.publichealth.va.gov/InfectionDontPassItOn



VA
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in the 21st Century

Hands 15 - All

PRACTICE SOCIAL DISTANCING

THE DISTANCE BETWEEN YOU AND COVID-19 IS



To curb the spread of COVID-19, CDCR and the California Department of Public Health recommend keeping a six foot distance between yourself and others at all times.



PREVENT THE SPREAD OF ILLNESS

Good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses. Protect yourself and others from viral illnesses and help stop the spread of germs.

Avoid close contact

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

Keep your germs to yourself

As much as possible, stay in your housing area away from others when you are sick. This will help prevent spreading your illness to others.

Cover your nose and mouth

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu and other serious respiratory illnesses are spread by cough, sneezing, or unclean hands.

Handwashing: clean hands save lives!

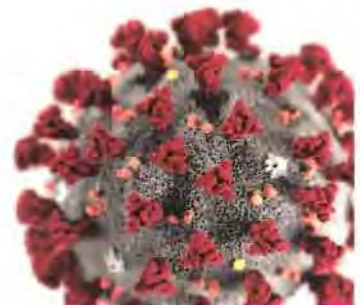
Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community. If soap and water are not available, use hand sanitizer.

Avoid touching your eyes, nose or mouth

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

Practice other good health habits

Clean frequently touched surfaces especially when you or someone you share space with is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.



COVID-19

Protect yourself
and loved ones



Help prevent the spread of respiratory diseases like COVID-19

+ WASH YOUR HANDS

Wash your hands with soap and warm water regularly.



+ COVER A COUGH OR SNEEZE

Cover your cough or sneeze with your sleeve, or tissue. Dispose of tissue and wash your hands afterward.



+ DON'T TOUCH

Avoid touching eyes, nose or mouth, especially with unwashed hands.



+ KEEP YOUR DISTANCE

Avoid close contact with people who are sick.



+ STAY HOME

If you experience respiratory symptoms like a cough or fever, stay home.



+ GET HELP

If you experience symptoms of COVID-19 (cough, fever, shortness of breath), call your health care provider or local health department before seeking care.



MORE INFORMATION

Follow the California Department of Public Health:
@capublichealth and www.cdph.ca.gov/covid19



WASH YOUR HANDS



**TO PREVENT THE SPREAD OF GERMS,
WASH YOUR HANDS OFTEN WITH SOAP
AND WATER FOR AT LEAST 20 SECONDS.**



**USE HAND SANITIZER ONLY WHEN
SOAP AND WATER **ISN'T AVAILABLE****

HOW TO USE HAND SANITIZER:

- Apply the gel product to the palm of one hand.
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.



CAUTION! DO NOT DRINK THIS PRODUCT.
The contents of sanitizer products can cause poisoning, injury and death.



COVID-19 and CPAP Frequently Asked Questions

This world-wide pandemic with coronavirus (COVID-19) has caused many dramatic changes in almost every part of life. For example, in the community most hospital surgeries are being delayed, many doctor's appointments are being cancelled and people are not able to see a dentist except in an extreme emergency. Public Health and Medical agencies are looking for every possible way to slow the spread of this virus and keep other people from getting it. Everyone is looking forward to the pandemic being controlled so that things can go back to normal.

What is CPAP?

CPAP stands for continuous positive airway pressure and is a small machine that people with sleep apnea use at night to help improve their breathing while they sleep.

Do I have a higher risk of getting COVID-19 because I have sleep apnea?

There is no evidence that people with sleep apnea are more likely to get COVID-19 infection.

If I do get COVID-19 infection, do I have a higher risk of getting really sick because I have sleep apnea?

Sleep apnea alone does not increase a person's risk of severe COVID-19 but some people with sleep apnea have other conditions* that place them at higher risk for complications if they do get infected with COVID-19.

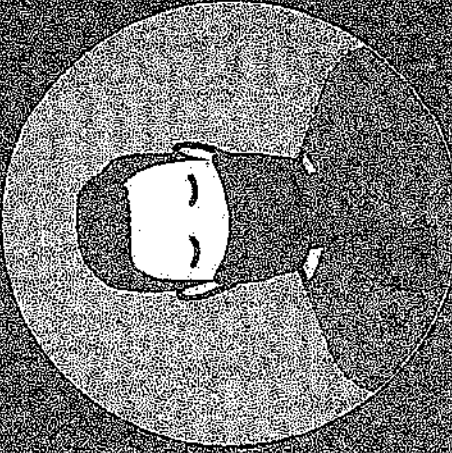
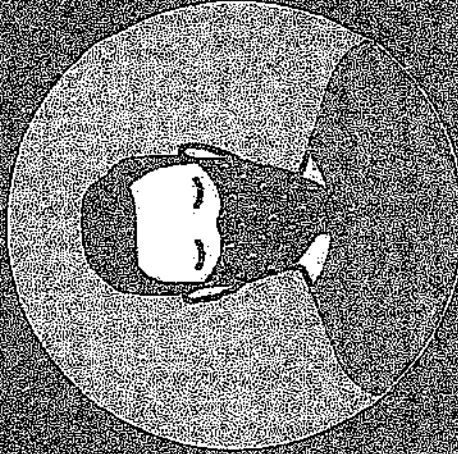
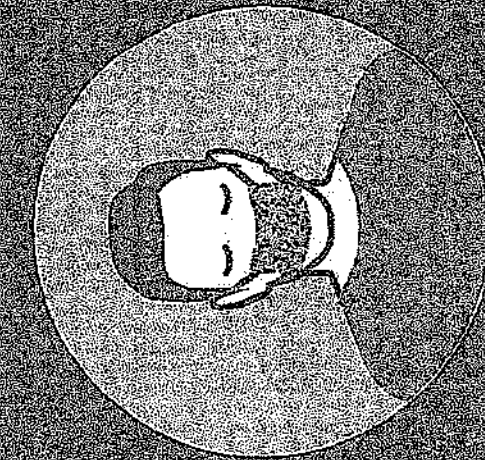
**Age 65 years or older, heart disease, chronic lung disease, diabetes and obesity are among the pre-existing conditions that have been shown to increase the risk for complications of COVID-19 infection.*

Is using CPAP during the COVID-19 epidemic dangerous?

Yes, using CPAP could cause people around you to get sick with COVID-19.

- COVID-19 is spread by tiny drops from someone who is sick with COVID-19 when they cough or sneeze.
- Using a CPAP machine can spread the COVID-19 even further than coughs and sneezes do. This is because the CPAP mask makes even smaller drops. These tiny drops can stay in the air for hours and can travel to the whole room.
- If you or someone in your room has COVID-19 and uses a CPAP machine, other people in the same room could breathe in these tiny drops. This could cause many other people to get sick with COVID-19.

Face coverings required.
Please keep 6 ft apart.



Non-medical masks, bandanas, scarves,
and cloth can be used.

Hand Sanitizer Guide

Use an alcohol-based hand sanitizer that contains at least 60% alcohol when your hands are not visibly soiled. Wash your hands with soap and water when your hands are visibly soiled. Alcohol-based hand sanitizers can quickly reduce the number of germs on your hands, are more accessible than sinks, and do not promote antimicrobial resistance.

How do I use hand sanitizers?

1



Apply enough product to the palm of one hand to cover all surfaces.

Rub the product over all surfaces of your hands and fingers until your hands are dry.

2



3



This should take around 20 seconds. Your hands are now dry and clean.

Prevent the Spread

Six Steps to shield yourself and others from sickness

- 1** Stay home if you are sick, except to seek medical care.
- 2** Clean and disinfect frequently touched objects and surfaces.
- 3** Cover your sneeze or cough with a tissue; throw it in the trash.
- 4** Wash your hands with soap and water for at least 20 seconds.
- 5** Avoid touching your eyes, nose and mouth.
- 6** Avoid close contact to those who appear sick.



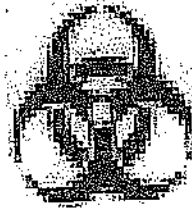
Skip the seat.



Wear a mask covering
your nose and mouth

Thank You

**USE
CAUTION**



**AVOID
Touching**



**WASH
Hands**



**MAINTAIN
6' Distance**



**SOCIAL
DISTANCING**

COVID-19 QUICK GUIDE

QUARANTINE

Exposed to confirmed COVID-19 case with no signs or symptoms. Screening questions and temperatures twice daily. In cases of extreme hardship, screening and temperatures a minimum of once daily may be approved jointly by the local CEO, CNE and CME

SUSPECT: ALONE

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CDC Recommended Guidance on N95 Respirator Reuse and Extended Use During Outbreaks

During a pandemic or widespread outbreak of a novel infectious disease, supplies of N95 respirators can become depleted. In these cases, CDC has guidelines for safe reuse and extended use of N95 mask. As long as guidelines for safe handling and storage are followed and the mask allows for comfortable breathing by the user, a single N95 may be worn for extended time, may be reused and may be used for care of multiple patients.



Children's
of Alabama®

Key Points

N95 masks may be used until damaged, breathing becomes difficult or they become contaminated with blood or bodily fluids. Key points for reuse/extended use include:

- Minimize unnecessary contact with the respirator surface.
- Strictly adhere to hand hygiene practices.
- Follow proper Personal Protective Equipment (PPE) donning and doffing technique.
- In the case of COVID-19, eye protection (i.e., goggles or face shields) will be worn to minimize surface contamination. Eye protection is NOT required for other airborne diseases (TB, measles, etc).



Procedure for Donning, Removing and Discarding PPE

To put on PPE

- Wash/sanitize hands (using gel or soap and water) prior putting on PPE.
- Put on gown and a pair of clean (non-sterile) gloves prior to donning N95 mask and eye protection (if needed).
- Don N95 respirator, taking care not to touch the surface of the mask. Don eye protection last (only if needed).
- Remove gloves and wash/sanitize hands.
- Make any adjustments needed to mask/eye protection.
- Wash/sanitize hands.
- Don new gloves for patient care.

**DO NOT TOUCH
YOUR MASK OR FACE SHIELD
WHILE IN THE ROOM!**

To remove PPE

- Remove your gloves and gown in the room and dispose.
- Wash/sanitize hands (in room, if possible).
- Outside of room, remove your eye protection (if worn) and wipe with disinfectant. Wash/sanitize hands.
- Remove N95 mask being sure to avoid touching the inside or surface of the mask.
**IF CONTAMINATED,
DISPOSE IN TRASH!**
- Place mask in a clean paper bag, clearly labeled with your name, between uses.
- Wash/sanitize hands.

When to discard N95

- When used during aerosol generating procedures (i.e., intubation, bronchoscopy, etc).
- When contaminated with blood, bodily fluids or respiratory secretions from patients.
- Following close contact with any patient co-infected with an infectious disease requiring contact precautions (if mask touched during care or eye protection not used).



CORONAVIRUS/COVID-19 FACTS AND FAQs

What is a coronavirus and what is COVID-19?

Coronaviruses are a large family of viruses that cause illnesses ranging from the common cold to more severe diseases including Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

How did this virus get its name?

On Feb. 11, 2020, the World Health Organization announced the official name for the new coronavirus virus would be COVID-19. "CO" stands for "corona," "VI" stands for "virus," D stands for "disease" and 19 indicates the year the virus was first discovered. Before this, the virus was referred to as the "2019 novel coronavirus," which means it was a new strain not previously identified in humans.

Where did COVID-19 come from?

The World Health Organization states that coronaviruses are zoonotic, which means they are transmitted from animals to people. A specific animal source of COVID-19 has not been identified, but the virus has been linked to a large seafood and live animal market.

What are the symptoms of COVID-19?

According to the Center for Disease Control (CDC), individuals diagnosed with this coronavirus experience a mild to severe respiratory illness. Symptoms include fever, cough and shortness of breath. Individuals with severe complications from the virus often develop pneumonia in both lungs.

How does the virus spread?

The virus is spread person-to-person. According to the CDC, spread is happening mainly between people who are in close contact (within 6 feet) of each other via respiratory droplets produced when an infected person coughs or sneezes. The droplets land on the noses and mouths of other people, who then inhale them. The CDC says it may be possible for the virus to spread by touching a surface or object with the virus and then a person touching their mouth, nose or eyes, but this is not thought to be the main method of spread. As the virus was discovered just a few months ago, more research is required to learn more about the spread pattern of the virus. The incubation period ranges from 2 to 14 days after exposure (most cases occurring at approximately 5 days.) People are thought to be most contagious when they are most symptomatic (the sickest.) Some spread might be possible before people show symptoms.

Do I need to wear a protective mask?

There is no need for healthy individuals to wear surgical masks to guard against coronavirus. Individuals should only wear a mask if they are ill or if it is recommended by a health care professional. Masks must be used and disposed of properly to be effective.

Is there a cure for the virus?

There is no specific medication to treat COVID-19; supportive care is provided to treat symptoms. There is currently no vaccine to protect against COVID-19. Individuals should take care to avoid being exposed to the virus through hygiene and sanitary practices. Please seek immediate medical care to relieve symptoms if infected with the virus.

COVID-19 PPE GUIDE

Screener less than 6 feet from staff or visitor	Surgical mask, eye protection, hand hygiene
Person less than 6 feet from quarantined individual	Surgical mask, eye protection, hand hygiene (gloves if contact)
Person less than 6 feet from suspect individual	Surgical mask, eye protection, gloves, hand hygiene
Person less than 6 feet from confirmed COVID-19 case	Surgical mask, eye protection, gloves, hand hygiene
Person accompanying any patients with respiratory symptoms in transport vehicle	Respirator N95, eye protection, gown, gloves
Person less than 6 feet from confirmed COVID-19 case & aerosol producing procedure (COVID-19 testing, CPR etc.) OR high contact patient care (bathing, etc.)	Respirator N95, eye protection, gown, gloves

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How do I protect myself and others?

There is currently no vaccine to prevent COVID-19 or medication to directly treat COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19. The CDC recommends maintaining personal preventative actions such as:

- Avoiding close contact with those who are sick
- Not touching your eyes, mouth or nose, especially with unwashed hands
- Washing your hands often with soap and warm water for last least 20 seconds
- Clean objects and surfaces that are frequently touched
- Limit your exposure to others if you are sick
- Cover your coughs and sneezes with a tissue
- Do not share food, drinks, utensils, or toothbrushes

What should I do if I think I have COVID-19?

Avoid direct contact with other people and immediately request to be seen by health care if you feel sick with a fever, cough or difficulty breathing. Make sure to give your provider details of any symptoms and potential contact with individuals who may have recently traveled.

Will I be tested for COVID-19?

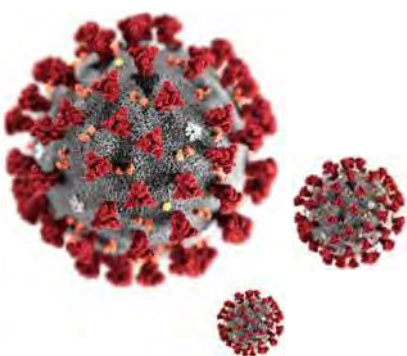
You will be tested if your provider suspects you have COVID-19.

What is CDCR/CCHCS doing to prepare for a potential outbreak?

CDCR and CCHCS are dedicated to the safety of everyone who lives, works, and visits our state prisons. We have longstanding emergency response plans in place to address communicable disease outbreaks such as influenza, measles, mumps, norovirus, as well as coronavirus. Based on guidance from the CDC, and to ensure we are as prepared as possible to respond to any exposure to COVID-19 specifically, we are building upon the robust influenza infection control guidelines already in place at each institution. These guidelines clearly define procedures for prevention of transmission, management of suspected and confirmed cases including isolation and quarantine protocols, surveillance of patients, and routine cleaning and disinfection procedures.

If there is a suspected case of COVID-19, we will follow the policies and procedures already in place for modified programming for any affected housing units and areas. We will continue to update guidelines for COVID-19 response based on CDC recommendations and will maintain cooperation with local and state health departments and the law enforcement community.

COVID-19 is new, but the most important aspect of preparedness is remaining calm. Don't panic. We understand staff, families, and those who visit state prisons as program providers or volunteers may have concerns and anxiety about COVID-19, but please be assured that there is no need for alarm. All should follow the precautions recommended by CDC, which expand upon precautions advised during cold and flu season. The spread of COVID-19 can be significantly reduced with proper infection control measures and good individual hygiene practices.



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.

**WASH YOUR HANDS
FREQUENTLY**

TIPS FOR WHEN TO GET MEDICAL HELP



- **DO** call a health care provider if you get sicker or you have questions
- **DO** call 911 if you have:
 - Trouble breathing
 - Pain or pressure in your chest
 - Trouble waking up
 - Blue lips or face
 - Or any symptom that worries you
- **DO** tell the person who answers the 911 call that you either have or think you have COVID-19

IMPORTANT DATES FOR:

NAME _____

IF YOU WERE QUARANTINED

My 14-day quarantine began on

DATE ____ / ____ / ____

and will end on

DATE ____ / ____ / ____

if I have not gotten sick.

IF YOU WERE ISOLATED

My isolation began on

DATE ____ / ____ / ____

and will end when I am well (see inside).

GET THE FACTS

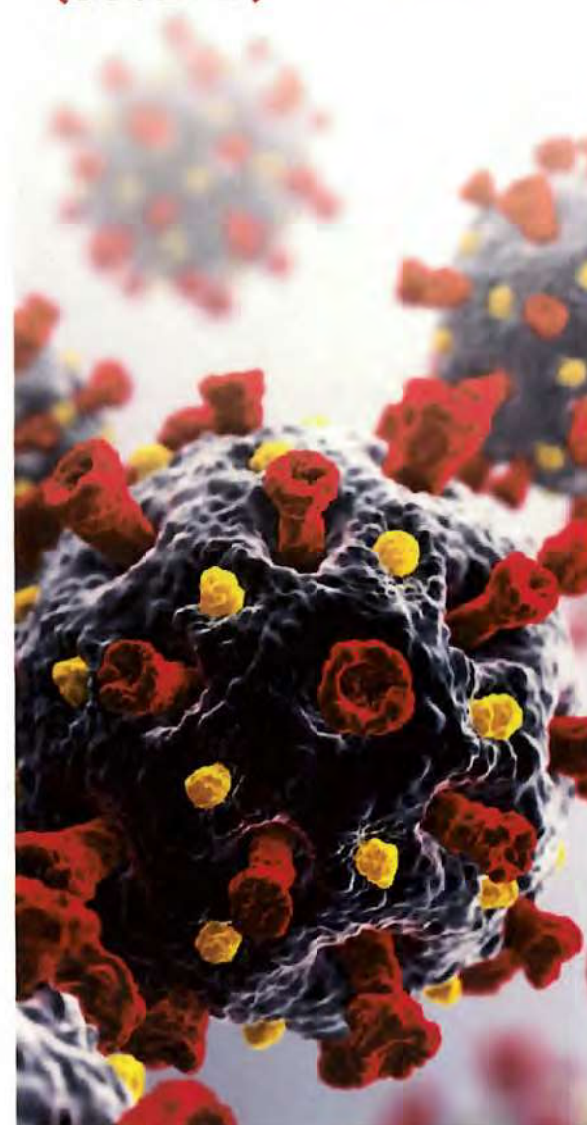
To learn more about California's COVID-19 response, visit:

covid19.ca.gov



CALIFORNIA CORRECTIONAL
HEALTH CARE SERVICES

HEALTH TIPS: Coronavirus Disease 2019 (COVID-19)



TIPS FOR EVERYONE

- **DO** wash your hands often with soap and water OR hand sanitizer
- **DO** wash your hands before you touch your eyes, nose or mouth
- **DO** cover your cough or sneeze with a tissue and throw away the tissue
- **DO** stay home until public health says people can go out again
- **DO** stay 6 feet away from everyone. Anyone might spread COVID-19
- **DON'T** be around people who are sick
- **DON'T** go to work if you are sick

TIPS FOR PEOPLE FROM QUARANTINE HOUSING

- **DO** all the Tips for Everyone, **PLUS...**
- **DO stay home for the rest of your 14 day quarantine time.**
- **DO** wear your face covering around other people
- **DO** ask other people to wear a face covering around you
- **DO** see a private or public health provider if you get sick
- **DON'T** share personal items such as dishes, towels, and bedding
- **DON'T** have visitors

TIPS FOR PEOPLE FROM ISOLATION HOUSING

- **DO** follow all tips on this page, **EXCEPT** for 14 day quarantine
- **DO FOLLOW THE INSTRUCTIONS BELOW EXACTLY**
- **DO** wear a face covering until your cough is gone
- **DO stay away from ALL people until all of three things below are true:**
 1. It has been 7 days since the first day you felt sick **AND**
 2. You haven't had a fever for 3 days (100°F or higher) and haven't taken medicines such as Tylenol or Motrin for 3 days, **AND**
 3. You are feeling better, and coughing much less

TIPS FOR EVERYONE

- **DO** wash your hands often with soap and water OR hand sanitizer
- **DO** wash your hands before you touch your eyes, nose or mouth
- **DO** cover your cough or sneeze with a tissue and throw away the tissue
- **DO** stay home until public health says people can go out again
- **DO** stay 6 feet away from everyone. Anyone might spread COVID-19
- **DON'T** be around people who are sick
- **DON'T** go to work if you are sick

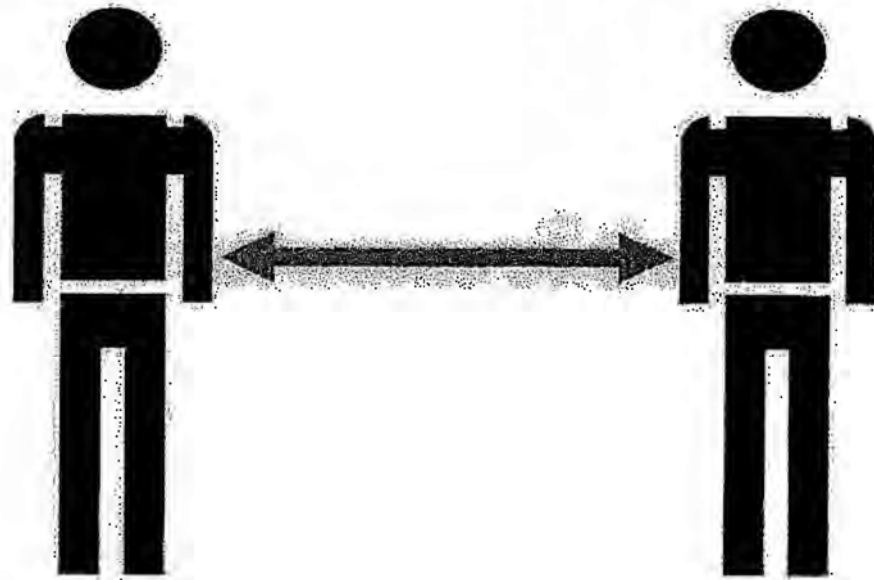
TIPS FOR PEOPLE FROM QUARANTINE HOUSING

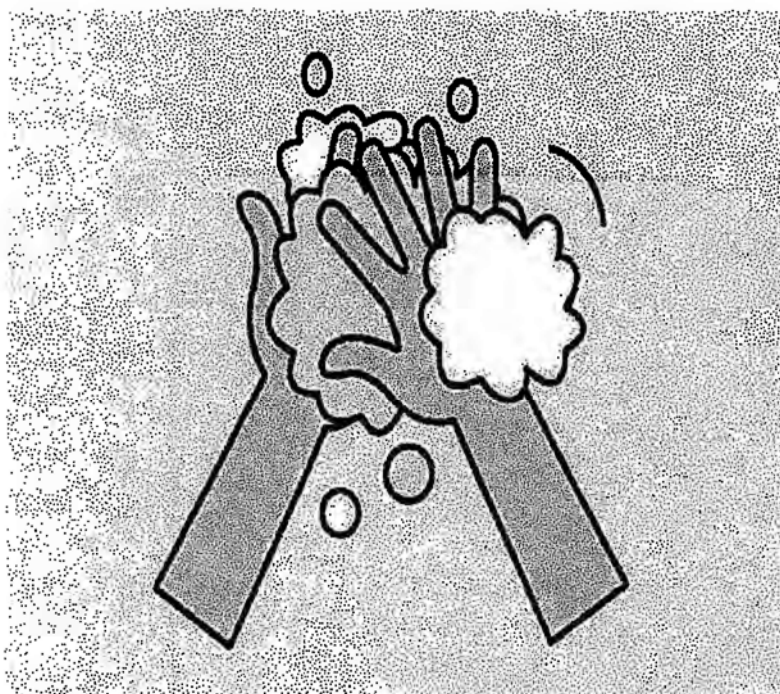
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- **DO stay home for the rest of your 14 day quarantine time.**
- **DO** wear your face covering around other people
- **DO** ask other people to wear a face covering around you
- **DO** see a private or public health provider if you get sick
- **DON'T** share personal items such as dishes, towels, and bedding
- **DON'T** have visitors

TIPS FOR PEOPLE FROM ISOLATION HOUSING

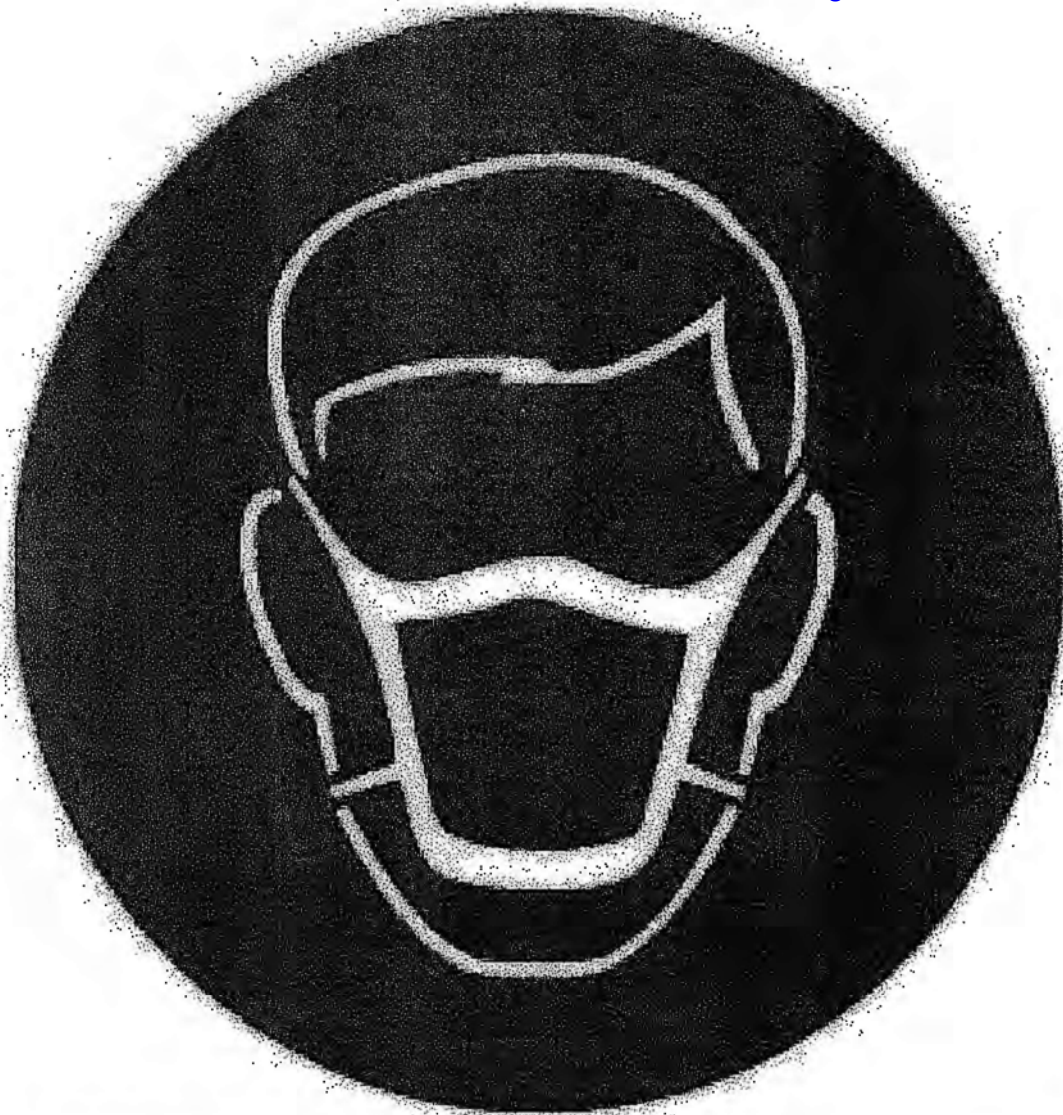
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 2. You haven't had a fever for 3 days (100°F or higher) and haven't taken medicines such as Tylenol or Motrin for 3 days, **AND**
 3. You are feeling better, and coughing much less

6 Feet Apart



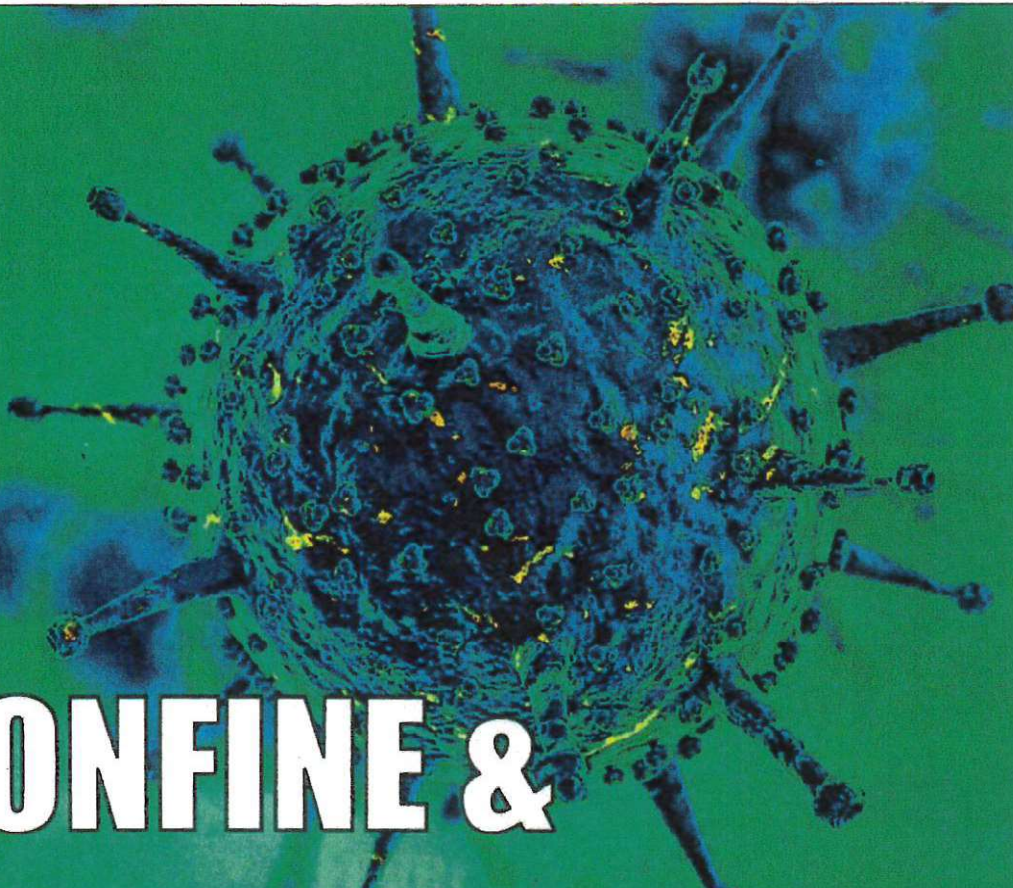






**Wear
masks**

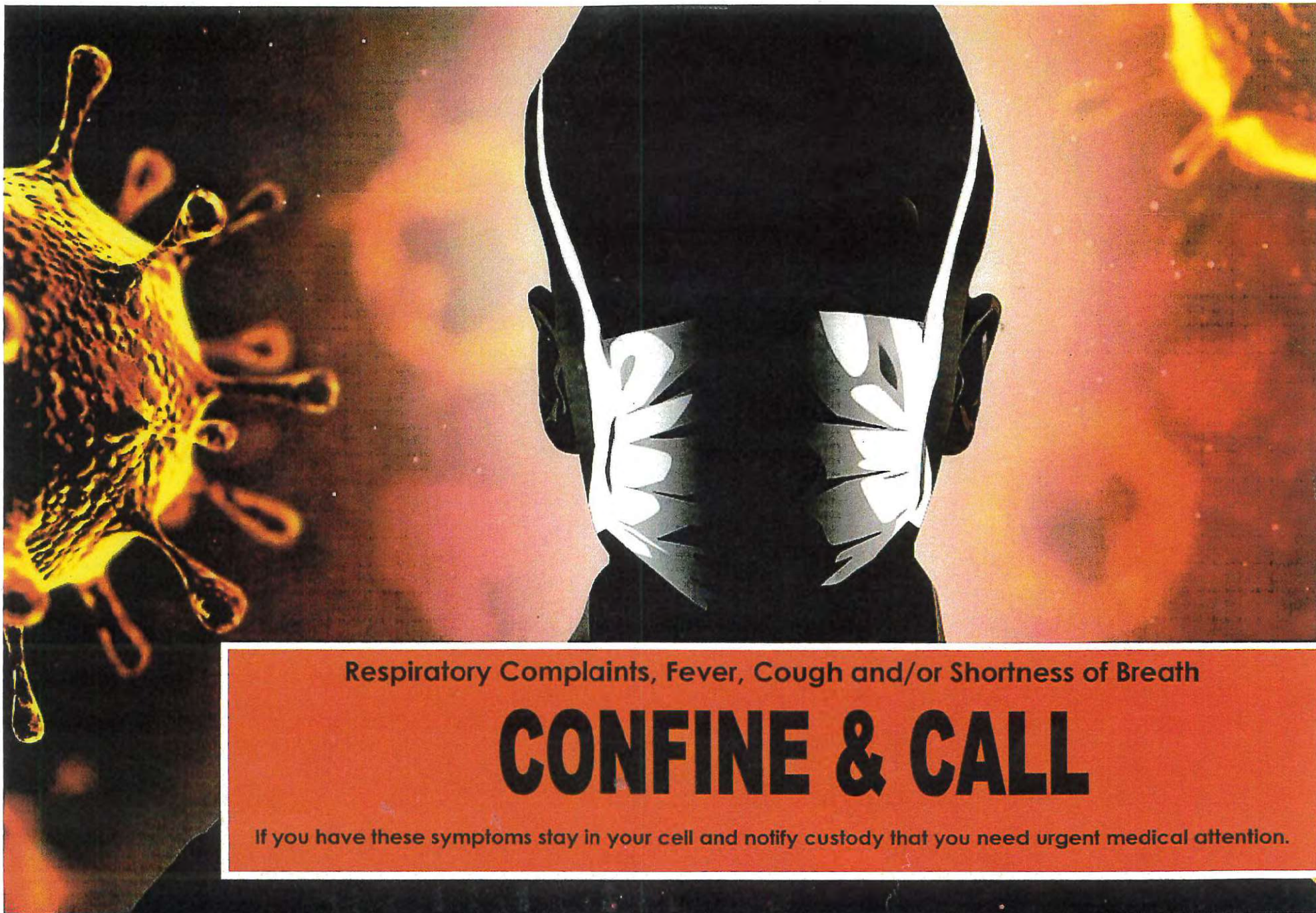




CONFINE & **C**ALL

- Respiratory Complaints
- Fever
- Cough
- Shortness of Breath

If you have these symptoms stay in your cell and notify custody that you need urgent medical attention.

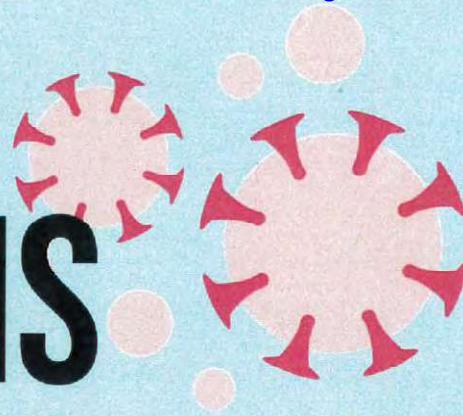


Respiratory Complaints, Fever, Cough and/or Shortness of Breath

CONFINE & CALL

If you have these symptoms stay in your cell and notify custody that you need urgent medical attention.

COVID-19 SYMPTOMS



NEW OR WORSENING...



Cough



**Shortness
of breath**



**Difficulty
breathing**



Fever



Chills



Muscle pain



Sore throat



**Loss of
taste/smell**

SYMPTOMS MAY APPEAR

2-14 DAYS

**AFTER EXPOSURE
TO THE VIRUS**

EMERGENCY WARNING SIGNS

Seek medical
attention immediately if
you are experiencing

- **Trouble breathing**
- **Persistent pain or
pressure in the chest**
- **New confusion**
- **Bluish lips or face**

File **FORM 7362** if you
have any symptoms
that concern you

SÍNTOMAS DEL COVID-19



NUEVA O EMPEORANDO...



Tos



**Falta de
respiración**



**Respiración
difícil**



Fiebre



Escalofríos



**Dolor
muscular**



**Dolor de
garganta**



**Pérdida de
sabor / olor**

**LOS SÍNTOMAS
PUEDEN APARECER**

2-14 DIAS

**LOS SÍNTOMAS
PUEDEN APARECER**

SEÑALES DE ADVERTENCIA A EMERGENCIA

Busque atención médica
si estás experimentando

- Dificultad para respirar
- Dolor persistente de presión en el pecho
- Nueva confusión
- Labios o cara azulados

Presente el
FORMULARIO 7362 si
tienes algún síntoma
que te concierne

Help prevent spread of illness... Wash your Hands!

Your hands carry
germs you can't see



Wash your hands

www.cdc.gov/handwashing



Novel Coronavirus (2019-nCoV) and You



What is 2019 novel coronavirus?

The 2019 novel coronavirus (2019-nCoV) is a new virus that causes respiratory illness in people and can spread from person-to-person. This virus was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get 2019-nCoV?

The 2019-nCoV does seem to be able to spread from person-to-person although it's not clear how easily this happens. Limited person-to-person spread among close contacts has been detected with this virus in the United States. At this time, this virus is not spreading in communities in the U.S., so the likelihood of someone in the U.S. getting sick with this virus is very low. Right now, the greatest risk of infection is for people in China or people who have traveled to China. CDC continues to closely monitor the situation.

Have there been cases of 2019-nCoV in the U.S.?

Yes. The first infection with 2019-nCoV in the United States was reported on January 21, 2020. The current count of cases of infection with 2019-nCoV in the United States is available on CDC's webpage: www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html

How does 2019-nCoV spread?

This virus probably originally emerged from an animal source but now seems to be spreading from person-to-person. It's important to note that person-to-person spread can happen on a continuum. Some viruses are highly contagious (like measles), while other viruses are less so. At this time, it's unclear how easily or sustainably this virus is spreading between people. Learn what is known about the spread of newly emerged coronaviruses at www.cdc.gov/coronavirus/2019-ncov/about/transmission.html.

What are the symptoms of 2019-nCoV?

Patients with 2019-nCoV have reportedly had mild to severe respiratory illness with symptoms of:

- fever
- cough
- shortness of breath

What are severe complications from this virus?

Many patients have pneumonia in both lungs.

How can I help protect myself

This virus is not spreading in the United States right now, but the best way to prevent infection is to avoid being exposed to this virus.

There are simple everyday preventive actions to help prevent the spread of respiratory viruses. These include:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should:

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled to China and got sick?

If you were in China within the past 14 days and feel sick with fever, cough, or difficulty breathing, you should get medical care. Call the office of your health care provider before you go and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against 2019-nCoV. The best way to prevent infection is to avoid being exposed to this virus.

Is there a treatment?

There is no specific antiviral treatment for 2019-nCoV. People with 2019-nCoV can seek medical care to help relieve symptoms.

SOCIAL DISTANCING AND BED POSITION FOR CONGREGATE SETTINGS

Social Distancing⁽¹⁹⁾

involves establishing ways to increase physical distance between individuals in settings where people commonly come into close contact with one another. Due to close proximity of staff and inmates, congregate settings can be vulnerable to the spread of COVID-19.

To ensure the safety of persons in congregate settings and reduce the spread of COVID-19 transmission, below are instructions for bed positioning on all open sides of bed.

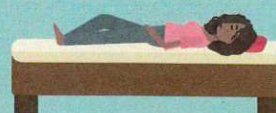
For single beds positioned next to each other (side-to-side):

- Person's laying position is head to toe.



For beds positioned across from one another (end-to-end)

- Person's laying position is toe to toe:



For bunkbeds that are positioned next to each other or across from one another:

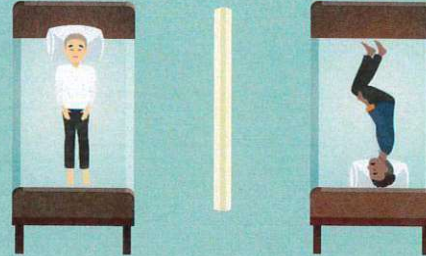
- Ensure the person's laying position is head to toe **on each separate bunk bed**, so positioning allows for the least transmission risk as possible. This includes laying position that is head to toe with adjacent bunks.



Placement When Positioning Beds 6 feet or more is NOT Possible:

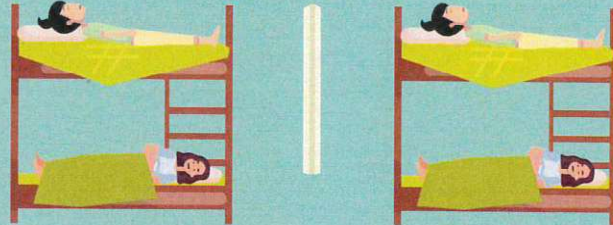
For single beds:

- Ensure the person's laying position is head to toe.



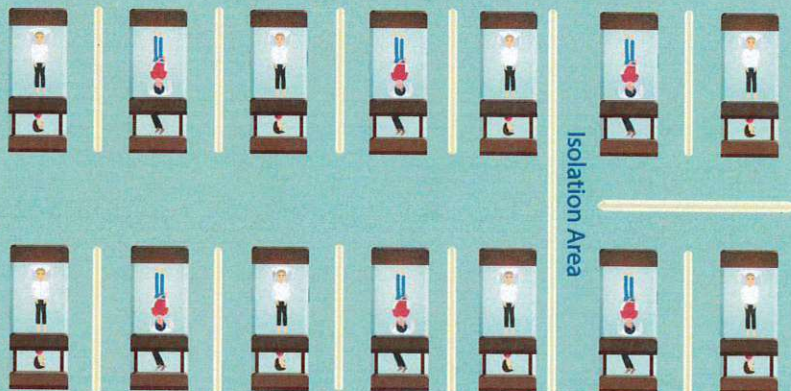
For bunkbeds:

- Ensure the person's laying position is head to toe on **each separate bunk bed**, including positioned head to toe on adjacent bunks.



For rooms with more than 10 beds:

- Include partitions to separate beds to the fullest extent possible.



IMPORTANT!

Please continue to exercise preventative measures to protect staff and inmates alike. Avoid close contact by maintaining social distancing, of at least six feet, and avoiding close contact. Cover your nose and mouth when coughing and sneezing along with consistent hand washing as it is one of the most effective ways to prevent the spread of germs. Avoid touching your eyes, nose, or mouth, and practice good health habits.



COVID-19 SCREENING



In order to ensure the health and safety of CDCR/CCHCS employees, our population, and visitors, we have implemented a screening questionnaire that *must be completed every time prior to entering this location.*

Do you have new or worsening symptoms? Such as:

- Fever
- Chills
- Muscle pain
- Sore throat
- Loss of taste/smell
- Cough
- Shortness of breath
- Difficulty breathing

**IF YOU ARE EXPERIENCING ANY
OF THE ABOVE SYMPTOMS,
DO NOT ENTER THIS LOCATION.**

COVID
CORONAVIRUS
DISEASE **19**

SYMPTOMS OF CORONAVIRUS DISEASE 2019

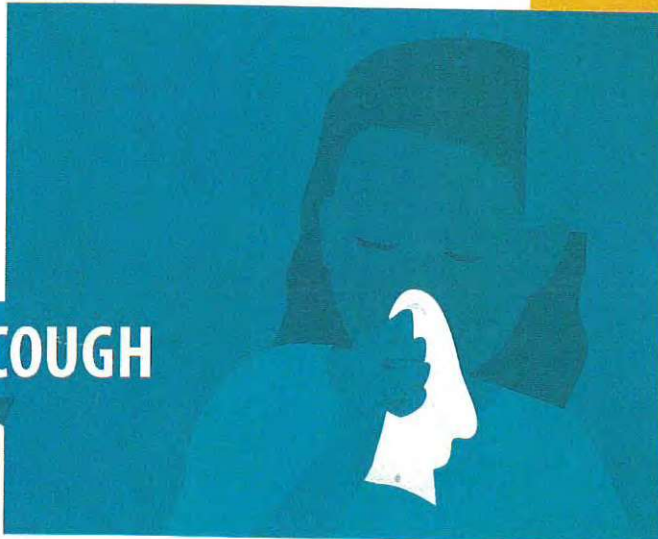
Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER



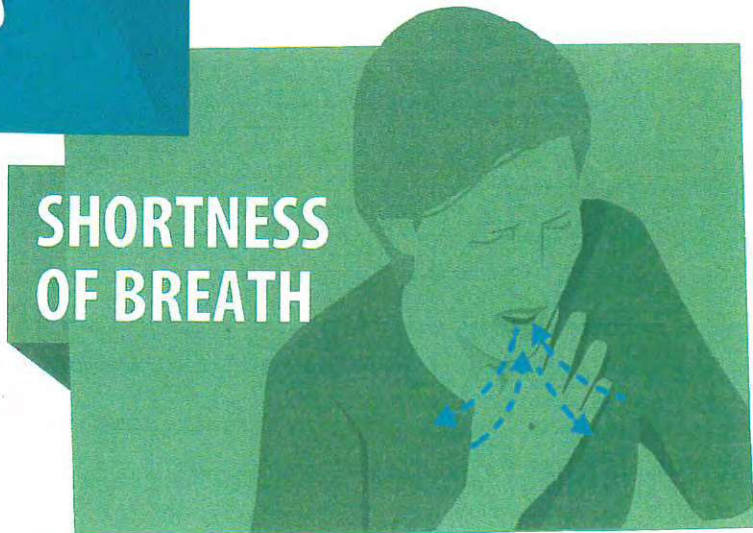
COUGH



***Symptoms may appear 2-14 days after exposure.**

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

SHORTNESS OF BREATH

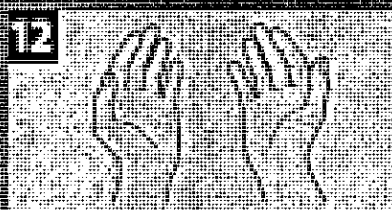
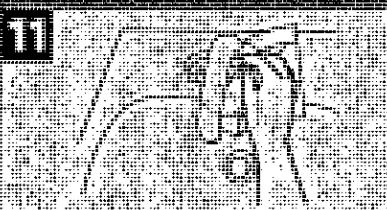
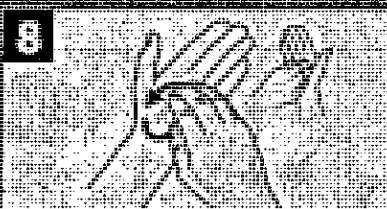
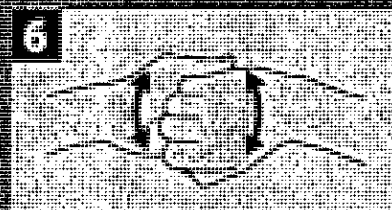
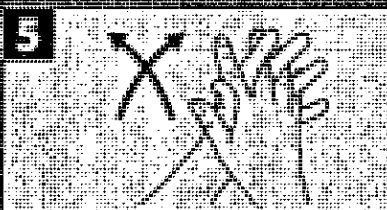
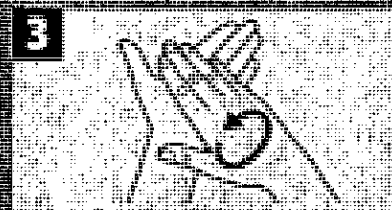
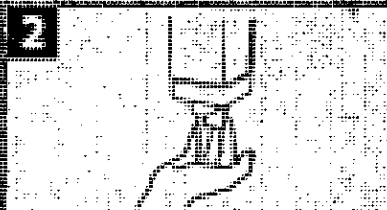
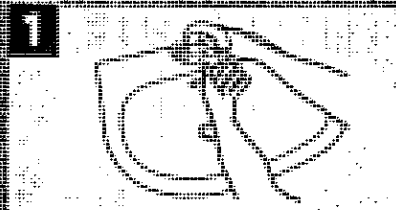


If you have symptoms of COVID-19, please complete a form 7362 and know immediately.

WASH YOUR HANDS OFTEN USING THE FOLLOWING STEPS

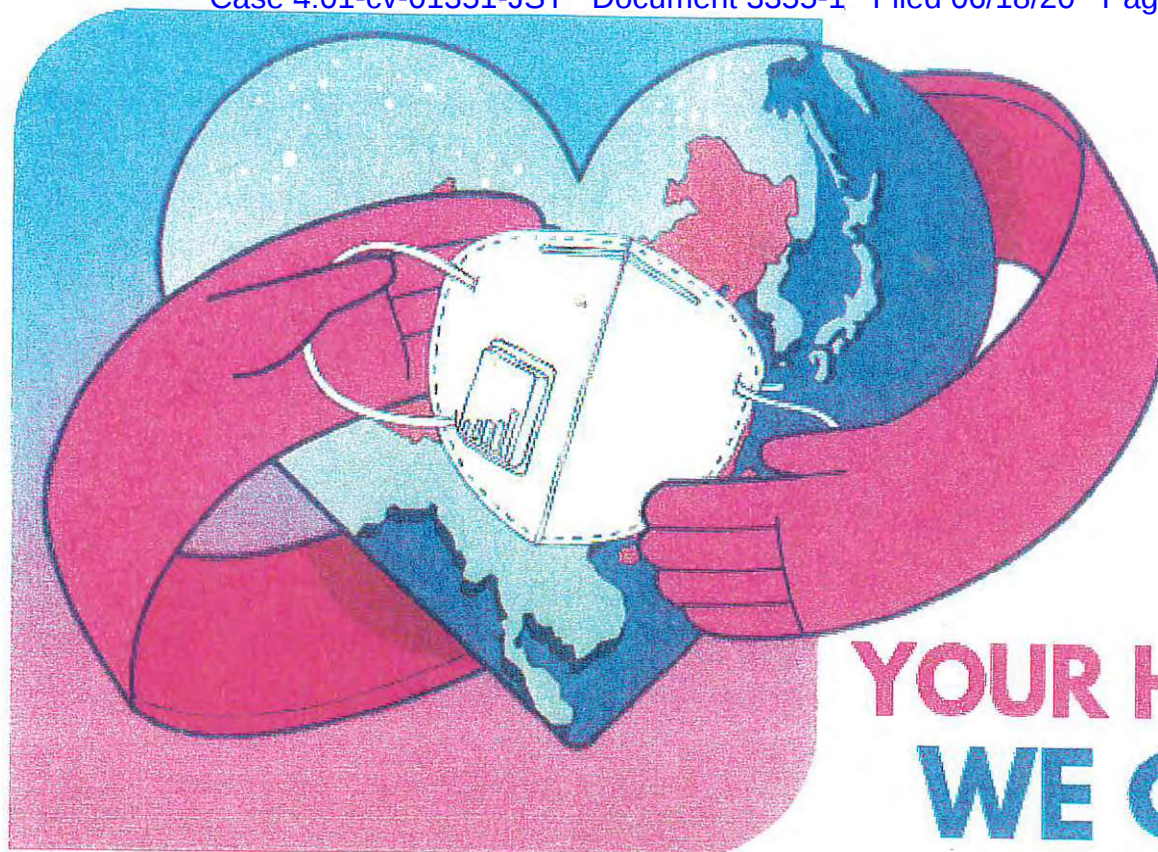


10. 11. Duration of entire procedure: 40-60 seconds



- Wash your hands often throughout the day
- Use plenty of soap and rinse thoroughly with clean water
- Wash immediately when in contact with bodily fluids
- Always wash thoroughly after using the toilet

CALPRA



YOUR HEALTH WE CARE

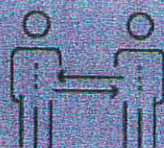
HELP PREVENT THE SPREAD OF COVID-19



- Mitigate the spread by 8 or less person cohorts

- Family living

- Program and eat as family with cohorts



- Six feet saves lives

- Reduced numbers in the dayrooms and on the yard

- Fight the spread and wear a face covering

- Face coverings should be worn from top of nose to bottom of chin



- Continue to clean and disinfect your immediate area

- Let's work through this together

- Stay together as a unit

BE CAREFUL, BE SAFE.

PROTECTIVE-SHELTER IN PLACE

This patient is not sick or symptomatic for any illness

EXPECTATIONS

- Keep a distance of more than 6 feet from others
- Restricted Yard: Within own housing unit, one housing unit at a time. Maintain 6 feet from others on the yard, not in groups larger than 10.
- Urgent /Emergent Appointments Only
- Shower Time Permitted: Avoid contact with others. Showers must be cleaned in between use.
- STRICT HAND WASHING
- COVER YOUR COUGH AND SNEEEZE



COVID-19 Screening

In order to ensure the health and safety of our CDCR/CCHCS community, we have implemented a screening question that must be completed every time prior to entering any CDCR/CCHCS facility.

Do you have symptoms of a respiratory infection, such as fever or new or worsening cough or difficulty breathing?

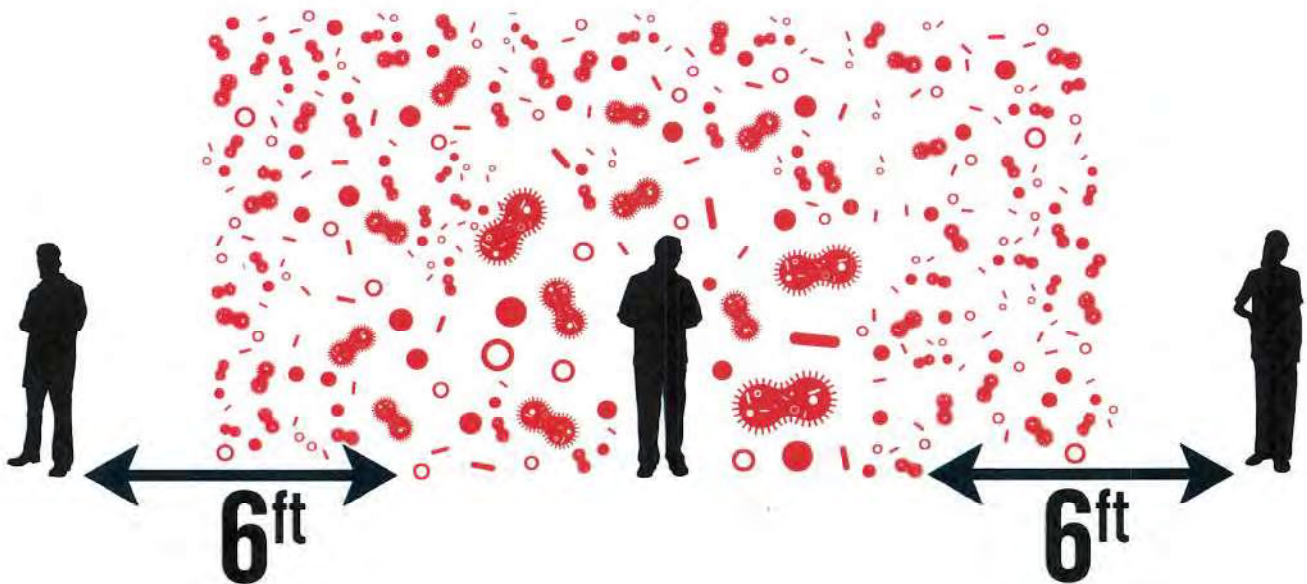
- **Fever**

New or worsening:

- **Cough**
- **Difficulty Breathing**

**If you answered yes to any of the
above questions,
do not enter this building.**

SOCIAL DISTANCING

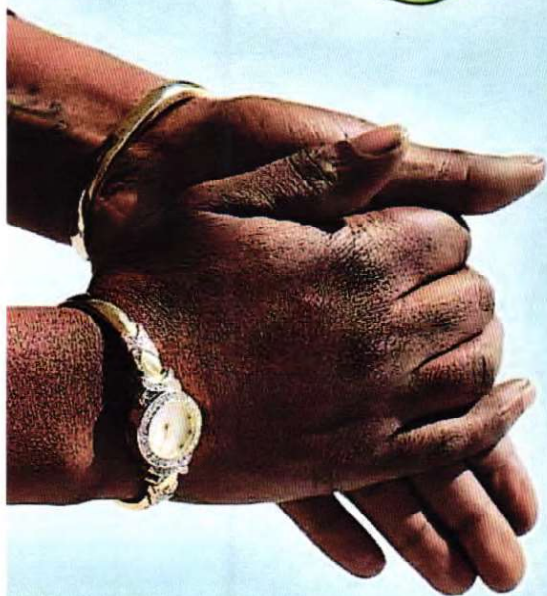


The distance between
you and COVID-19 is

SIX FEET

SAVE TIME

**Taking 30 seconds to clean your hands could
save your patient days recovering from an infection.
Clean your hands!**



www.publichealth.va.gov/InfectionDontPassItOn



VA
HEALTH
CARE | Defining
EXCELLENCE
in the 21st Century

STOP

PLEASE
REMOVE
GERMS
BY
DECONTAMINATING
YOUR
HANDS!

Don't worry my fellow germs, most people don't wash their hands long enough to get rid of us!

Oh no!
Just 15 seconds of
lathering with soap and water
and we're...
DOWN THE DRAIN!



SOCIAL DISTANCING
IN EFFECT
PLEASE MAINTAIN



EXHIBIT B

State of California

Department of Corrections and Rehabilitation

Memorandum

Date: May 4, 2020

To: All Sergeants
ADA Worker Supervisors

Subject: **AMERICAN WITH DISABILITIES ACT (ADA) CONCERNS DURING THE COVID PANDEMIC**

In order to minimize the potential spread of the COVID-19, any information, directives related to the COVID-19 pandemic and the precautions that should be followed by employees shall be communicated with all ADA workers.

Second and Third Watch Sergeants shall complete training to all ADA workers on their facility. The training shall provide details of wearing facemasks and gloves (if available) at all times. Washing their hands prior and after coming in contact with the inmates they are assisting. Thoroughly clean the area contacted of any appliance (wheelchair, cane etc.) ~~they~~ touch while assisting ADA inmates prior to and after each contact.

The SVSP Staff server contains all the COVID-19 resources needed to complete the training.
[COVID-19 RESOURCES](#)

Please provide proof of practice via memo indicating all assigned ADA workers have had the training to AW R. Mojica by close of business this Thursday, May 7, 2020.

If you need further clarification please contact my office at extension 6215.

R. MOJICA
Associate Warden/ADA Coordinator
Salinas Valley State Prison

Tampkins, Cynthia@CDCR

From: Bandholtz, R [REDACTED]@CDCR
Sent: Wednesday, May 13, 2020 11:41 AM
To: Herrera, J [REDACTED]@CDCR
Cc: Diaz, S [REDACTED]@CDCR; Garcia, P [REDACTED]@CDCR; Tampkins, C [REDACTED]@CDCR
Subject: COVID-19 (English Message)
Attachments: COVID-19 (English Message).docx; COVID-19 (Spanish Message).docx

J [REDACTED]

I need one of these printed announcements (2 sided, one side English, one side Spanish) for each dormitory (45 total) laminated. These would be put in each dorm and the dorm staff would have any DNH inmates read the announcement each day to be in compliance with the Director's memorandum.

Let me know what you need to get these laminated

Thank you,

R [REDACTED] Bandholtz
Associate Warden, Programs Division & ADA Coordinator
California Rehabilitation Center

Work: [REDACTED]
Cell: [REDACTED]

I am an optimist. [It does not seem too much use being anything else. - Winston Churchill

Some days chicken, some days feathers. - Frank Holguin

WRITTEN COVID-19 ANNOUNCEMENT FOR ALL HEARING DISABILITY NOT IMPACTING PLACEMENT (DNH) INMATES

For the safety of all, you are reminded that you need to maintain social distancing, at least six feet away from another person, and wear your mask anytime you are out of your dorm. Please continue to clean and disinfect your immediate area and all touch points that you come in contact with. If you feel ill, inform staff immediately. Thank you for your continued dedication and compliance as we work through this together.

Para la seguridad de todos, se les recuerda que deben mantener el distanciamiento social, al menos a seis pies de distancia de otra persona, y use su máscara cada vez que salga de su dormitorio.

Por favor continúe limpiando y desinfectando su área inmediata, y todos los puntos de contacto con los que usted entra en contacto.

Si se siente enfermo, informe al personal de inmediato.

Gracias por su continua dedicación y cumplimiento, mientras trabajamos juntos en esto.

From: [Quinn, L.](#) @CDCR
To: [CDCR Institutions SAC Staff](#); [CDCR CCHCS SAC All Staff](#)
Subject: COVID-19 Keeping You Information
Date: Friday, May 29, 2020 10:30:17 AM

California Department of Public Health General Guidelines:

On May 28, 2020, the California Department of Public Health provided the following general guidelines pertaining to staff and COVID 19 which could be helpful to know as your institution either facilitates through an outbreak or in the instance your institution experiences an outbreak. Please note that the information is general in nature and that your local county public health offices may vary in direction. The below should not be used to determine ATO eligibility. Additionally, staff should abide by orders issued by a local public health office or health care provider and call 211 (local public health office) or their health care provider for COVID testing inquiries.

In general, our recommendation about whether asymptomatic staff can work while awaiting test results depends on whether they perform essential functions that cannot be done by others. Here is our general guidance framework for non-essential workers exposed to COVID-19:

- Persons who have had close contact to a patient with COVID-19, or have had a likely exposure in a setting with an outbreak, should be tested for COVID 19.
- Exposed persons who test positive should be isolated until no longer infectious according to CDC guidelines.
- Exposed persons who test negative should self-quarantine for 14 days.
- Exposed persons who do not get tested should self-quarantine for 14 days.


However, persons who test negative (or are awaiting test results) and are asymptomatic may be permitted to return to work on a case by case basis if their absence from work would result in jeopardy to critical operations. In these situations, exposed essential workers that continue to work should follow the steps that you outline below in keeping with CDC guidelines:

- have daily symptom and temperature checks prior to working
- closely monitor themselves for symptoms and stop work immediately if any symptoms develop
- wear a face mask at all times while at work
- maintain 6 feet distance from others
- work in an environment that minimizes the opportunity to be within 6 feet of others
- work in an environment where wearing a facemask at all times is feasible

Sometimes these situations are complex, and we also generally recommend consulting with the local health department and/or seeking expert consultation in determining when exposed workers should return to work.

Stay safe and healthy, enjoy the weekend!

L.A. Quinn

Public Information Officer/Administrative Assistant
California State Prison, Sacramento
916-294-

State of California

Department of Corrections and Rehabilitation

Memorandum

Date: June 3, 2020

To: All Staff
California Health Care FacilitySubject: **EXPECTATION FOR MASK WEARING**

In our efforts to bring our operations and the community to a modified normal operation, we would like to reiterate the importance of continued diligence in observing social distancing, wearing face masks, washing hands, and general safety to protect all of us as we continue to prevent the spread of COVID-19 into our institution.

All staff working or performing day-to-day duties within the CHCF shall have a mask covering on at all times, in addition to maintaining social distancing requirements. Masks coverings should be worn correctly i.e. covering the mouth and nose. Masks are not to be pulled down to speak, as this defeats the purpose. When staff are in an enclosed area alone, you are not required to wear your mask unless someone enters that area. It is everyone's responsibility to enforce this directive. Any failure to adhere to the following shall result in progressive discipline. Managers and Supervisors are reminded to ensure their subordinates are complying with this directive.

We would like to thank everyone for their continued diligence. As our communities have begun to enter phases of normalization it is imperative that we continue with these preventive measures to prevent any future spread of COVID-19.



If you have any questions, contact Lt. O.K. Ratliff, AA/PIO at 467-2512.

A handwritten signature in black ink, appearing to read 'Laura Eldridge'.

LAURA ELDRIDGE
Warden (A)
California Health Care Facility

A handwritten signature in black ink, appearing to read 'Dr. S. K. Aref'.

DR. S. K. AREF, MD, MPH, REHS, CCHP
Chief Executive Officer
California Health Care Facility

State of California

Department of Corrections and Rehabilitation

Memorandum

Date: June 3, 2020

To: L [REDACTED] Bravo
Associate Warden
CAMU

Subject: **PROOF OF PRACTICE RELATED TO COVID-19 FOR ASL INMATES, TIC # 20-136**

This memorandum is to serve as a Proof of Practice notification regarding education of COVID-19 for ASL inmates. All inmates who require ASL have been educated at North Kern State prison regarding COVID-19 updates.

Specifically, the following information was provided:

Reminded to wear mask

Reminder to wash hands

Reminder Clean/disinfect area

Reminder Social distancing 6ft

Transfer updates

Advised Covid-19 test is required for transfer

Advised county jails will transfer 25 inmates per week and those inmates will be on a 14-day quarantine upon arrival

Advised no basketball or soccer or any other contact sport

Reviewed signs for communication X2/shift regarding COVID19 protocols and personal notification documentation

Questions/concerns



J. JETER
Associate Warden ADA
North Kern State Prison

From: [Quinn, L \[REDACTED\]@CDCR](#)
 To: [CDCR Institutions SAC Staff](#); [CDCR CCHCS SAC All Staff](#)
 Subject: Update: Staff Communication
 Date: Wednesday, June 3, 2020 12:36:51 PM

**SENT ON BEHALF OF JEFF LYNCH, WARDEN (A)
CALIFORNIA STATE PRISON, SACRAMENTO**

CSP-SAC News and Updates:

- **A Staff member at CSP-SAC has tested positive for the COVID-19 virus. This is the sixth confirmed employee case at CSP-SAC. There is currently only one active case. Five of the six employees have tested negative and returned to work.**
- The following, is a list of CDCR prisons with the current highest number of active incarcerated persons. **This information is provided to reiterate to all staff the absolute importance of your continued effort in fighting the spread of the COVID-19 virus.** There have been a total of 2,395 incarcerated persons who have tested positive. There are currently 1,991 active cases.
- **For a complete list of all CDCR prisons, please refer to the Patient Testing Tracker link provided below.**

Chuckawalla Valley State Prison (CVSP)	816
Avenal State Prison (ASP)	565
California Institution for Men (CIM)	446
California Institution for Women (CIW)	140
California State Prison, Lancaster	17

Masks/Facial Barriers:

- As the weather heats up, we understand and share your concern that wearing masks will become increasingly difficult and uncomfortable. You are reminded that all staff and the inmate population are required to continue to wear facial barriers until further notice.
- This pandemic is far from over and as citizens continue to test positive, spread the virus, and die from the COVID-19 virus, we have a duty and an obligation to continue to make every effort possible to keep everyone safe.
- CDCR takes the health and safety of all those who live and work in our state prisons very seriously and will continue to work diligently to address the COVID-19 pandemic.
- Staff will continue to be updated as information becomes available and changes to the current directives occur.

CDCR/CCHCS Update:


There are 1,991 incarcerated persons with active cases of COVID-19 statewide. To view more detailed case and testing information, see the CDCR and CCHCS [Patient](#)

Testing Tracker.

- There are currently 183 active CDCR/CCHCS employee COVID-19 cases statewide (348 cumulative; 165 returned to work). See the [CDCR/CCHCS COVID-19 Employee Status webpage](#) for a breakdown by location.
- The Board of Juvenile Hearings (BJH) held 80 discharge consideration hearings by video and telephone conference between April 1 and May 29.
 - 40 resulted in grants (50 percent)
 - 40 resulted in denials (50 percent)
- **CDCR partnered with inmate telephone network provider GTL to offer the adult incarcerated population one free phone call each week in June. Free calling days are Wednesdays in June (June 3, 10, 17, and 24). There is no limit on the number of calls; however, each institution may limit time to accommodate need.**

Locations	Staff Confirmed Cases	Staff Returned To Work
Avenal State Prison (ASP)	29	0
California City Correctional Facility (CAC)	4	2
California Correctional Institution (CCI)	9	9
California Health Care Facility (CHCF)	6	6
California Institution for Men (CIM)	67	45
California Institution for Women (CIW)	11	2
California Medical Facility (CMF)	3	2
California Men's Colony (CMC)	3	0
California Rehabilitation Center (CRC)	13	0
California State Prison, Corcoran (COR)	4	0
California State Prison, Los Angeles County, Lancaster	46	38
California State Prison, Sacramento (SAC)	5	5
Calipatria State Prison (CAL)	13	2
CDCR/CCHCS Worksite Location-Los Angeles County	4	3
CDCR/CCHCS Worksite Location-Sacramento County	4	4
CDCR/CCHCS Worksite Location-San Bernardino County	1	1
Centinela State Prison (CEN)	24	7
Central California Women's Facility (CCWF)	1	1
Chuckawalla Valley State Prison (CVSP)	22	1
Correctional Training Facility (CTF)	2	0
Duel Vocational Institution(DVI)	2	2

Folsom State Prison (FSP)	4	4
High Desert State Prison (HDSP)	3	0
Ironwood State Prison (ISP)	20	1
Kern Valley State Prison (KVSP)	5	1
Mule Creek State Prison	1	1
North Kern State Prison (NKSP)	3	2
Northern California Youth Correctional Center	2	2
OH Close Youth Correctional Facility	1	1
Pelican Bay State Prison (PBSP)	2	1
Pleasant Valley State Prison (PVSP)	1	0
Richard A. McGee Correctional Training Center, Galt	5	5
Richard J. Donovan Correctional Facility (RJD)	7	3
San Quentin State Prison (SQ)	6	6
Salinas Valley State Prison (SVSP)	2	1
Substance Abuse Treatment Facility (SATF)	8	3
Valley State Prison (VSP)	1	1
Wasco State Prison (WSP)	4	3
Statewide Totals:	348	165

L.A. Quinn
Public Information Officer/Administrative Assistant
California State Prison, Sacramento
916-294-

State of California

Department of Corrections and Rehabilitation

Memorandum

Date : June 4, 2020

To : **ALL STAFF**Subject: **EXPECTATION FOR MASK WEARING**

In our efforts to bring our operations and the community to a modified normal operation, we would like to reiterate the importance of continued diligence in observing social distancing, wearing face masks, washing hands, and general safety to protect all of us as we continue to prevent the spread of COVID-19 into our institution.


All staff working or performing day-to-day duties within the California Medical Facility shall have a mask covering on at all times, in addition to maintaining social distancing requirements. Masks coverings should be worn correctly i.e. covering the mouth and nose. Masks are not to be pulled down to speak, as this defeats the purpose. When staff are in an enclosed area alone, you are not required to wear your mask unless someone enters that area. It is everyone's responsibility to enforce this directive. Managers and Supervisors are reminded to ensure their subordinates are complying with this directive.

We would like to thank everyone for their continued diligence. As our communities have begun to enter phases of normalization it is imperative that we continue with these preventive measures to prevent any future spread of COVID-19.



If you have any questions, contact Lt. B. Olivas, AA/PIO at extension 6509.


DANIEL E. CUEVA
Warden (A)


L. W. AUSTIN
Chief Executive Officer *for*

Nasstaran Tara Ruhparwar

From: Tuntakit, M [REDACTED]@CDCR
Sent: Thursday, June 4, 2020 9:54 AM
Subject: COVID-19 CORONAVIRUS DISEASE 2019 - HOW DOES IT SPREAD

LATEST INFO FROM CENTERS FOR DISEASE CONTROL AND PREVENTION



CDC actively reviews our website to make sure the content is accessible and clear for all types of audiences. As a result of one such review, edits were made to the organization of the COVID-19 transmission page, including adding a headline in an attempt to clarify other types of spread beyond person to person. This change was intended to make it easier to read, and was not a result of any new science.

After media reports appeared that suggested a change in CDC's view on transmissibility, it became clear that these edits were confusing. Therefore, we have once again edited [the page](#) to provide clarity.

The primary and most important mode of transmission for COVID-19 is through close contact from person-to-person. Based on data from lab studies on COVID-19 and what we know about similar respiratory diseases, it may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this isn't thought to be the main way the virus spreads.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>

How COVID-19 Spreads

COVID-19 is thought to spread mainly through close contact from person-to-person. Some people without symptoms may be able to spread the virus. We are still learning about how the virus spreads and the severity of illness it causes.

Person-to-person spread

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes, or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- COVID-19 may be spread by people who are not showing symptoms.

The virus spreads easily between people

How easily a virus spreads from person-to-person can vary. Some viruses are highly contagious, like measles, while other viruses do not spread as easily. Another factor is whether the spread is sustained, which means it goes from person-to-person without stopping.

The virus that causes COVID-19 is spreading very easily and sustainably between people. Information from the ongoing COVID-19 pandemic suggest that this virus is spreading more efficiently than influenza, but not as efficiently as measles, which is highly contagious.

The virus may be spread in other ways

It may be possible that a person can get COVID-19 by **touching a surface or object that has the virus on it** and then touching their own mouth, nose, or possibly their eyes. This is not thought to be the main way the virus spreads, but we are still learning more about how this virus spreads.

Spread between animals and people

- At this time, the risk of COVID-19 spreading **from animals to people** is considered to be low. Learn about [COVID-19 and pets and other animals](#).
- It appears that the virus that causes COVID-19 can spread **from people to animals** in some situations. CDC is aware of a small number of pets worldwide, including cats and dogs, reported to be infected with the virus that causes COVID-19, mostly after close contact with people with COVID-19. Learn what you should do [if you have pets](#).

Protect yourself and others

The best way to prevent illness is to avoid being exposed to this virus. You can take steps to slow the spread.

- [Maintain good social distance](#) (about 6 feet). This is very important in preventing the spread of COVID-19.
- [Wash your hands](#) often with soap and water. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- [Routinely clean and disinfect](#) frequently touched surfaces.
- Cover your mouth and nose with a [cloth face covering](#) when around others.



From: Quinn, L [REDACTED]@CDCR
 To: CDCR Institutions SAC Staff; CDCR CCHCS SAC All Staff
 Subject: Update: Staff Communication
 Date: Thursday, June 4, 2020 3:15:22 PM

**SENT ON BEHALF OF JEFF LYNCH, WARDEN (A)
 CALIFORNIA STATE PRISON, SACRAMENTO**

When a person tests positive for COVID-19


- You will have access to COVID-19 related treatment, regardless of your income or health insurance.
- You shall not return to work! Quarantine and separate yourself from others as best you can to keep from spreading the virus.
- The CSP-SAC Public Health Nurse will ask you basic questions, like places you've worked and the people you've worked or spent time with recently.
- Those people will be contacted and told they may have been exposed to COVID-19.
- Your personal information is confidential and will not be shared.

CDCR/CCHCS Update:

- There are 2,231 incarcerated persons with active cases of COVID-19 statewide. To view more detailed case and testing information, see the CDCR and CCHCS [Patient Testing Tracker](#).
- There are currently 196 active CDCR/CCHCS employee COVID-19 cases statewide (365 cumulative; 169 returned to work). See the [CDCR/CCHCS COVID-19 Employee Status webpage](#) for a breakdown by location.
- Last week, CCHCS received 20,000 (COVID-19) test kits from the Governor's Office of Emergency Services and an additional 20,000 this week. This allotment of test kits will greatly contribute to CDCR and CCHCS efforts to conduct mass testing at institutions with suspected COVID-19 cases as well as to conduct surveillance testing. Consistent with guidance from state and local public health officials, CDCR is conducting surveillance testing of incarcerated individuals at all adult institutions. Surveillance testing is used to detect outbreaks in an early phase, even before the development of symptoms. Early detection and rapid outbreak response can limit the spread of infection and prevent morbidity and mortality. Additionally, with sufficient numbers of appropriately selected patients testing negative, an institution can demonstrate with confidence the absence of an outbreak.

Locations	Staff Confirmed Cases	Staff Returned To Work
Avenal State Prison (ASP)	30	0
California City Correctional Facility (CAC)	4	3
California Correctional Institution (CCI)	9	9
California Health Care Facility (CHCF)	6	6
California Institution for Men (CIM)	68	45

California Institution for Women (CIW)	14	2
California Medical Facility (CMF)	3	2
California Men's Colony (CMC)	3	0
California Rehabilitation Center (CRC)	16	0
California State Prison, Corcoran (COR)	5	0
California State Prison, Los Angeles County, Lancaster	46	38
California State Prison, Sacramento (SAC)	6	5
Calipatria State Prison (CAL)	14	2
CDCR/CCHCS Worksite Location-Los Angeles County	4	3
CDCR/CCHCS Worksite Location-Sacramento County	4	4
CDCR/CCHCS Worksite Location-San Bernardino County	1	1
Centinela State Prison (CEN)	24	7
Central California Women's Facility (CCWF)	1	1
Chuckawalla Valley State Prison (CVSP)	26	4
Correctional Training Facility (CTF)	2	0
Duel Vocational Institution(DVI)	2	2
Folsom State Prison (FSP)	4	4
High Desert State Prison (HDSP)	3	0
Ironwood State Prison (ISP)	20	1
Kern Valley State Prison (KVSP)	5	1
Mule Creek State Prison	1	1
North Kern State Prison (NKSP)	3	2
Northern California Youth Correctional Center	2	2
OH Close Youth Correctional Facility	1	1
Pelican Bay State Prison (PBSP)	2	1
Pleasant Valley State Prison (PVSP)	1	0
Richard A. McGee Correctional Training Center, Galt	5	5
Richard J. Donovan Correctional Facility (RJD)	7	3
San Quentin State Prison (SQ)	6	6
Salinas Valley State Prison (SVSP)	2	1
Substance Abuse Treatment Facility (SATF)	8	3
Valley State Prison (VSP)	1	1
Wasco State Prison (WSP)	4	3
Statewide Totals:	365	169

Public Information Officer/Administrative Assistant
California State Prison, Sacramento
916-294-

From: Tuntakit, M [REDACTED]@CDCR
Subject: COVID-19 SYMPTOMS / PRECAUTIONS / REMINDER
Date: Tuesday, June 9, 2020 11:25:54 AM
Attachments: image001.png

Due to the amount of positive cases here at ASP for both inmates and staff, please take extra precautions whether you are in an area with known cases or not. It is best practice to assume everyone may be a carrier and take those precautions we have in place. As the counties begin to open up to the public including restaurants, gyms, theaters, etc., please remind yourself to continue your safeguards while you're out.

As of this email ASP has COVID-19 Cases as follows:

- 503 inmates current (668 overall and 165 inmates recovered)
- 42 Staff current (63 overall and 21 recovered)

Symptoms can include: include cough, shortness of breath, difficulty breathing, or at least two of the following symptoms: chills, shaking with chills, muscle pain, headache, sore throat, and loss of taste or smell. Symptoms can range from mild to severe and may appear up to two weeks after exposure to the virus, according to the CDC. Some people with COVID-19 don't display any symptoms.

COVID-19 infection and to consult with their healthcare provider for questions/concerns. The potential incubation period for COVID illness is 14 days after last exposure to a person who is considered infectious for COVID illness. Testing is available in the community if desired, see link to Kings County Public Health: <https://www.countyofkings.com/departments/health-welfare/public-health/coronavirus-disease-2019-covid-19>

M [REDACTED] Tuntakit

AA/PIO

Avenal State Prison



From: [Montgomery, W \[REDACTED\]@CDCR](#)
Subject: COVID-19 CALIFORNIA
Date: Wednesday, June 10, 2020 8:06:36 AM
Attachments: [image001.jpg](#)

Of interest...

California

With 3,705 cases reported on May 30th, the state saw a record daily high, and cases have climbed since May 18th—with 4,653 deaths since the pandemic started.

"California has seen an uptick of COVID-19 cases, with the reasons ranging from national holidays to countrywide protests, a Sacramento area health expert said," according to [KCRA](#). "Dr. Dean Blumberg, head of pediatric infectious diseases at the UC Davis Medical Center, said the spike in cases comes from a combination of sources, including activities on Mothers Day, Memorial Day, businesses reopening and protests to reopen the state."

This is not going away anytime soon. This information is consistent w/ the spike in the Imperial Valley (IV); although, it does not consider the impact of people going back and forth through the border, which is directly impacting the IV.

Please continue to solicit cooperation from our staff w/ respect to physical distancing, hand hygiene, cleaning, wearing of masks/face barriers when physical distancing is not possible, and encouraging staff to stay home if they are ill. I am not aware of any problematic staff that do not consistently wear their masks/face barrier when physical distancing is not possible. And, I am not asking you to provide names. However, if noncompliant staff exists, and they continue to demonstrate contempt in this regard; progressive discipline through corrective action may be warranted to modify/correct their behavior. We've had plenty of opportunity to gently remind and educate staff about the importance and value of wearing the masks/facial barrier, noting it is intended to protect them, their coworker, the population, their family and the community. With the spikes in our community and institution, we need to gain consistent compliance.

Additionally, please continue to encourage physical distancing w/ the population, and enforce the wearing of the masks/facial barrier when away from their cell.

[REDACTED]

I appreciate all of your sacrifice and hard work. Thank you!


Take care. Be safe.



W. L. MONTGOMERY

Warden

Calipatria State Prison

(760) 348-7000, Extension 

logo (2)





CALIFORNIA CORRECTIONAL
HEALTH CARE SERVICES

MEMORANDUM

Date: June 11, 2020

To: California Department of Corrections and Rehabilitation (CDCR) - All Staff
California Correctional Health Care Services (CCHCS) - All Staff

From:

Ralph M. Diaz
Secretary
CDCR

J. Clark Kelso
Receiver
CCHCS

Subject: **UPDATE TO THE MARCH 13, 2020 MEMORANDUM MESSAGE TO EMPLOYEES REGARDING COVID-19**

We hope that you and your families are staying healthy. As COVID-19 guidance continues to evolve, we remain dedicated to the safety, health, and well-being of staff and the inmate population. While stay at home orders are beginning to lift and local businesses are reopening, please remember there are still very important safety guidelines that should be followed both at work and as individuals residing in our communities.

Reminders:

At Work

- Adhere to cleaning and disinfection protocols for example, clean your face coverings and any other equipment such as computers, phones, copiers, and state issued equipment kept on your person or assigned work vehicle.
- Physically distance at all times possible.
- Staff working or performing duties on institutional grounds shall wear cloth or other approved face barrier coverings at all times with the exception of an outdoor setting where 6 feet physical distancing can be accomplished. Please note, this is a slight modification from the April 16, 2020 CalPIA Cloth Face Mask Barrier memorandum. If alone in an office space or tower a mask is not required. If someone enters the space, masks are required. Failure to do so may result in progressive discipline.
- As a reminder, maintaining physical distancing requirements when moving about the institution for routine tasks is still recommended.
- Additionally, staff working in headquarters offices, regional offices, or institution administrative offices shall be required to wear cloth face coverings when in close proximity of others where 6 feet physical distancing cannot be achieved.
- Wear proper PPE according to guidance provided on the memorandum authored by Heidi M. Bauer, MD MS MPH and Diana O'Laughlin, FNP-BC, DNP on April 6th, 2020 [COVID-19 Personal Protective Equipment \(PPE\) Guidance and Information](#).

CDCR Employees Statewide
CCHCS Employees
Page 2

- Wash your hands frequently.
- Answer the daily screening questions with any new symptoms that you may be experiencing or if you feel sick during your work shift, or have COVID symptoms, report to your supervisor and go home.

Common occurrences that should not happen:

- Handshakes, fist bumps, and hugging.
- Potlucks.
- Gathering in a breakroom, or small space for breaks or lunches, even for small amount of time.

At Home

- Change out of your work clothes before or when you get home. Launder frequently with normal detergent. No extra laundering or special handling is needed.
- At the beginning of the day and when you get home, disinfect items that are frequently touched by yourself or others. Such items could include cellphones and cellphone cases, utility belts, door handles, and keyboards. Regular household disinfectants are effective.
- Disinfecting surfaces and items and cleaning your hands will reduce transmission.
- Cover your mouth and nose when sneezing, cough into your sleeve, and wash your hands if you accidentally soiled them with respiratory secretions.

Each day, our gratitude goes out to each of you during this challenging time and encourage staff and their families to continue their efforts at work and home to control the spread of COVID-19. Working together, we will get through this.



CALIFORNIA CORRECTIONAL
HEALTH CARE SERVICES

MEMORANDUM

Date: June 13, 2020

To: California Department of Corrections and Rehabilitation (CDCR) - All Staff
California Correctional Health Care Services (CCHCS) - All Staff

From: G. MATTESON
Warden (A)
CDCR, CSP-Solano

L. McGhee
L. MCGHEE, MA-EMHS
Chief Executive Officer (A)
CCHCS, CSP-Solano

Subject: COVID-19 TESTING OPTIONS FOR CSP-SOLANO STAFF

On Wednesday, June 10, 2020, all staff received a memorandum with notification of positive cases of COVID-19 at CSP-Solano. To date, there are three staff and one inmate-patient who have tested positive for the virus. As a result, we have collaborated with the Office of Employee Health, the Solano County Department of Public Health, and Kaiser Vacaville, to coordinate testing options for staff recognized as working in areas of the prison identified as possible exposure sites.

Staff identified as close contacts or low-risk exposure have been given options for testing at Kaiser Permanente in Vacaville that will take place on Saturday, June 13th; Monday, June 15th; and Tuesday, June 16th during the hours of 1:30 PM and 3:30 PM. In addition, an onsite pop-up test site will take place on Monday, June 15, 2020, from the hours of 1:00 PM and 3:00 PM, for non-Kaiser Permanente members. For all other staff who are interested in testing for COVID-19, please note the following options:

- Logistics Health Incorporated (LHI): This non-drive thru site is free, available to anyone (by appointment), and located in Vacaville. <https://LHI.care/covidtesting>
- More information about Solano County testing options:
http://www.solanocounty.com/depts/ph/coronavirus_links/faq_community_testing_sites.asp
- Request a test from your medical provider.
- Kaiser Permanente members can call Kaiser and request testing through the Vacaville location, or for those that live in surrounding cities, Kaiser can provide testing options at other Kaiser locations.
- The Solano County Department of Public Health will set up an additional pop-up testing site at CSP-Solano if needed. Staff will be notified if this becomes an option.

MEMORANDUM

- For testing options outside of Solano County, please review the following website for a COVID-19 testing site near you:
<https://www.arcgis.com/apps/Nearby/index.html?appid=43118dc0d5d348d8ab20a81967a15401>

We encourage staff not to come to work if you are symptomatic. If you begin to experience symptoms during a work shift notify your supervisor immediately.

Thank you all for your continued service to CSP-Solano. Your hard work and dedication to serving is valued. We care about your safety and health. Should you have any questions regarding options for testing, please contact your manager.



Lassen COVID-19: Incident Command



Press Release
FOR IMMEDIATE RELEASE

DATE: 5/28/2020
Time: 4:00 pm
RELEASE #: 1 of 1

SUBJECT: Termination of Local Health Order and Return to Phase 2B, with Allowance for Additional Activities to Reopen

To date, the Lassen County COVID-19 (novel coronavirus) total tests are as follows:

5– Known cases
597 - Negative
308- Pending
910– Total Tests

The Lassen County Incident Command and the Lassen County Public Health Department would like to thank the residents of Lassen County for their compliance with the temporary health order and the continuance of practicing social and physical distancing, washing hands, and avoiding non-essential travel.

In response to “contact tracing investigations,” Dr. Kenneth Korver, Lassen County Public Health Officer, has terminated his order from earlier this week which originally called for a temporary return to Phase 2A for reopening. This termination returns Lassen County to Phase 2B with an additional guidance for salons and bars, as well as places of worship. Please refer to the attached order from Dr. Korver for additional details.

California Department of Public Health released new guidance for salons, bars, and places of worship. These businesses have been deemed a higher risk because of their potential for close personal contact. The Lassen County Incident Command and the Lassen County Public Health Department have provided safety guidelines and recommendations for these businesses within the Lassen County Roadmap to Recovery and at www.lassencares.org. For those businesses wishing to open under these new guidelines, please complete the online survey at <https://www.surveymonkey.com/r/lcreopening> and/or contact the COVID-19 Call Center with any questions or concerns at (530) 251-8100 Monday through Friday 8:00 a.m. to 5:00 p.m.



LASSEN COUNTY

Kenneth G. Korver, M.D. – Public Health Officer

- ☐ **HSS Administration**
336 Alexander Avenue
Susanville, CA 96130
(530) 251-8128
- ☐ **Grant and Loans Division**
336 Alexander Avenue
Susanville, CA 96130
(530) 251-2683
- ☐ **Behavioral Health**
555 Hospital Lane
Susanville, CA 96130
(530) 251-8108/8112
- Chestnut Annex**
1400-A & B Chestnut Street
Susanville, CA 96130
(530) 251-8112
- ☐ **Patients' Rights Advocate**
336 Alexander Avenue
Susanville, CA 96130
(530) 251-8322
- ☒ **Public Health**
1445 Paul Bunyan Road
Susanville, CA 96130
(530) 251-8183
- ☐ **Environmental Health**
1445 Paul Bunyan Road
Susanville, CA 96130
(530) 251-8183
- ☐ **Community Social Services**
336 Alexander Avenue
Susanville, CA 96130
- Lassen Works
Business & Career Network**
PO Box 1359
1616 Chestnut Street
Susanville, CA 96130
(530) 251-8152
- Child & Family Services**
1600 Chestnut Street
Susanville, CA 96130
(530) 251-8277
- Adult Services
& Public Guardian**
PO Box 429
1445 Paul Bunyan Rd. Suite B
Susanville, CA 96130
(530) 251-8158
- ☐ **HSS Fiscal**
PO Box 1180
Susanville, CA 96130
(530) 251-2614

HEALTH OFFICER ORDER FOR THE CONTROL OF COVID-19

Reopening Lassen County Roadmap to Recovery Accelerated Stage 2 Businesses and Services

Date Order Issued: May 28, 2020

This Order is in effect until rescinded in writing by the Health Officer.

Please read this Order carefully. Failure to comply with this Order may result in a restriction of business services and organizational activities throughout Lassen County. In addition, violation of or failure to comply with this Order constitutes a misdemeanor, punishable by fine, imprisonment, or both (California Health and Safety Code § 120295, et seq.)

The virus that causes Coronavirus 2019 Disease ("COVID-19") spreads easily from person to person and may result in serious illness or death, and it is essential that the spread of the virus be slowed to safeguard the public and protect healthcare resources considering the influx of new patients.

On Friday, May 22, 2020, Lassen County Public Health Department reported two cases of confirmed COVID-19; this rapidly increased to a total of five cases within three days. In an effort to better understand the magnitude of the transmission of this disease in Lassen County, I made the difficult decision to restrict activities in Lassen County including the retraction of business services that we had just recently approved, including dine-in restaurant services and in-store shopping at businesses.

The increase in number of positive Covid-19 cases from 2 to 5 in a relatively short time, coupled with the somewhat alarming reports of irresponsible behavior (failure to social distance, failure to employ good personal sanitation practices, etc.) of persons who in fact tested positive caused me to make the difficult decision to, at least

temporarily, return to Stage 2 (closed retail, no dine-in restaurants, etc.) until I could determine the magnitude of spread of the disease in Lassen County.

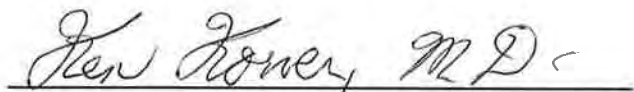
After evaluating the data that has been collected from our contact tracing investigations, I have concluded that Lassen County has the ability and capacity to rapidly implement strategies to mitigate further transmission of the disease should a future outbreak occur. However, for us to proceed to the next stages of full opening, we will require all Lassen County residents and visitors to remain diligent in practicing social distancing, good personal hygiene, and staying home when you are sick.

Effective immediately, Lassen County will now re-enter the accelerated Stage 2 of our Roadmap to Recovery. This will allow the following sectors and organizations to resume business:

- In-Store Retail
- Dine-in Restaurants
- Offices (when telework not possible)
- Outdoor Museums
- Places of Worship (NEW)
- Hair Salons and Barbershops (NEW)

All sectors are required to review the appropriate guidance, prepare a plan, and receive approval from Lassen County Public Health prior to opening. It is not necessary for those establishments that have already received approval to resubmit their plans.

This order supersedes the May 25, 2020 Retracting Lassen County Roadmap to Recovery Reopening order.



Kenneth G. Korver, M.D.

Lassen County Public Health Officer

For more information on Lassen County Health Officer Orders, Lassen County Roadmap to Recovery and Lassen County Attestation visit <https://lassencares.org/>
California Recovery Roadmap <https://input.covid19.ca.gov/>
CDPH COVID-19 information <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Resources.aspx>

Memorandum

Date: JUN 12 2020

To: All Inmate
Centinela State Prison

Subject: CENTINELA STATE PRISON - COVID-19 UPDATE TO INMATE POPULATION (#2)

In response to direction from the California Department of Corrections and Rehabilitation (CDCR), relative to precautions and "Social Distancing" recommendations, the following shall be incorporated, unless otherwise noted on a Program Status Report. **(The items in BOLD indicate updated information).**

- **COVID guidelines shall be adhered to at all-time.**
- **For the safety of all, maintain social distancing at least six feet away from another person (cell partner excluded).**
- **Anytime you are out of your cell or assigned bunk area, wear a state issued cloth face barrier/mask. Mask shall be worn covering both the mouth and the nose.**
- **Showers and telephones shall be disinfected between each use.**
- Staff are to ensure that assigned porters are thoroughly cleaning communal areas (dayrooms, showers, restrooms, offices, etc.) a minimum of three times per shift during second and third watches with the option to clean more often if needed. Staff will sign the sheet verifying that they have reviewed and ensured the additional cleaning was completed. Shower program shall run for 1 hour and 15 minutes then the showers will be deep cleaned and the shower program will resume. These time frames will be followed throughout the day on all watches when showers are being conducted.
- Medication Distribution: all medication distribution will now take place at the Facility Clinic Med Pass Window. Please ensure social distancing is maintained during this process.
- **Feeding shall be completed via the steam line feeding process. (Custody Supervisors shall control inmate movement to ensure "social distancing") MSF: No more than 24 inmates at a time to maintain the 6' separation; and only 1 inmates per table / staggering seating. Disinfect tables/areas used prior to and after meal service.**
- All Education/Vocations/Division of Rehabilitative Programs shall be conducted in cell. Teachers/Instructors are to deliver work packets to the buildings on a rotational basis and pick-up weekly. Religious programs shall be conducted by CDCR chaplains/religious leaders at the cell front.
- Self Help programs have been suspended until further notice, CDCR Administration is evaluating processes of resuming this item while maintaining the health and safety of the public

CENTINELA STATE PRISON - COVID-19 UPDATE TO INMATE POPULATION (#2)

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and inmates.

- General Visiting and Family Visiting has been suspended until further notice, CDCR Administration is evaluating processes of resuming this item while maintaining the health and safety of the public and inmates.
- Canteen and Inmate Quarterly packages shall continue. (Custody staff shall control inmate movement to ensure "social distancing".) **NOTE: Inmates will be allowed to receive two quarterly packages in the third quarter of 2020 (July-September).** Canteen for inmates in Isolation housing will be limited to hygiene products only and shall be by bag method. Make up canteen for these Inmates will be allowed upon release from Isolation, given available resources.
- Dayroom is suspended until further notice. Dayroom Activities will be allowed in lieu of recreational yard on Facilities B and C for those inmates noted on the heat risk medications list when Heat Pathology has been activated. On Facility A and D the Gymnasium will be allowed in lieu of recreational yard.
- Yard/In-line-refer to revised DAS dated April 30, 2020. The use of recreation equipment (basketballs, volleyballs, horseshoes, handball etc.) has been suspended until further notice. Shared recreation equipment (pull-up bars, dip bars, etc.) shall be cleaned between each use. **Hand sanitation stations have been installed in workout area for inmate use. Yard Crew workers will conduct deep cleaning at the conclusion of the AM, PM, and NIGHT yard.**
- Inmate Laundry shall be completed via the bag process.
- **There will be a Pizza food sale scheduled for the month of July. This event will be coordinated by the Community Resource Manager.**



RAYMOND MADDEN
Warden
Centinela State Prison

MemorandumDate : **JUN 12 2020**To : **All Staff**
Centinela State PrisonSubject: **CENTINELA STATE PRISON - COVID-19 UPDATE (#9)**

First off, let me thank you for all your hard work and dedication as we struggle with this ongoing pandemic, resulting in ever changing ways we conduct business. I appreciate how the many different factions of our Centinela Family have come together to complete the mission.

As we continue in our efforts to stay healthy and safe, please see the following information which shall be incorporated in response to direction from the California Department of Corrections and Rehabilitation (CDCR), relative to precautions and "Social Distancing" recommendation. These directions shall be in place unless superseded by a Program Status Report or updated memorandum. (The items in BOLD indicate updated information).

- COVID guidelines shall be adhered to at all-time.
- As directed by Secretary Diaz, if you are sick or feel you cannot answer, "No" to any of the COVID Screening questions, please stay home.
- During the COVID Screening process prior to entering, all staff must don their face covering. Medical or Custody personnel are required to ask all the medical screening questions and you are required to answer accordingly, so please be patient. Once the screening is completed, you will temporarily remove the covering/barrier/mask during ingress where custody staff are required to positively identify staff.
- For the safety of all, maintain social distancing at least six feet away from another person.
- Per memorandum dated Wednesday, June 11, 2020 authored by Secretary R. Diaz which states, Staff working or performing duties on institutional grounds shall wear cloth or other approved face barrier coverings at all times with the exception of an outdoor setting where 6 feet physical distancing can be accomplished. Please note, this is a slight modification from the April 16, 2020, CalPIA Cloth Face Mask Barrier memorandum. If alone in an office space or tower a mask is not required. If someone enters the space, masks are required. Failure to do so may result in progressive discipline. The mask shall be worn appropriately covering both the mouth and the nose. Again staff reminded they are to temporarily remove the covering/barrier/mask during ingress and egress where custody staff are required to positively identify staff.

- **Custody Supervision-** Staff are to ensure that assigned porters are thoroughly cleaning communal areas (dayrooms, showers, restrooms, offices, etc.) a minimum of three times per shift during second and third watches with the option to clean more often if needed. Staff will sign the sheet verifying that they have reviewed and ensured the additional cleaning was completed. Shower program shall run for 1 hour and 15 minutes then the showers will be deep cleaned and the shower program will resume. These time frames will be followed throughout the day on all watches when showers are being conducted. Once the shower program has begun, showers shall be ongoing. Close Custody Count shall not impact shower program.
- **Medication Distribution:** all medication distribution will now take place at the Facility Clinic Med Pass Window. Please ensure social distancing is maintained during this process.
- **Feeding** shall be completed via the steam line feeding process. (Custody Supervisors shall control inmate movement to ensure "social distancing") MSF: No more than 24 inmates at a time to maintain the 6' separation; and only 1 inmates per table / staggering seating. Disinfect tables/areas used prior to and after meal service.
- All Education/Vocations/Division of Rehabilitative Programs shall be conducted in cell. Teachers/Instructors are to deliver work packets to the buildings on a rotational basis and pick-up weekly. Religious programs shall be conducted by CDCR chaplains/religious leaders at the cell front.
- Self Help programs have been suspended until further notice, CDCR Administration is evaluating processes of resuming this item while maintaining the health and safety of the public and inmates.
- **Inmate Day Labor shall resume work July 6, 2020.**
- General Visiting and Family Visiting has been suspended until further notice, CDCR Administration is evaluating processes of resuming this item while maintaining the health and safety of the public and inmates.
- Canteen and Inmate Quarterly packages shall continue. (Custody staff shall control inmate movement to ensure "social distancing".) **NOTE: Inmates will be allowed to receive two quarterly packages in the third quarter of 2020 (July-September).** Canteen for inmates in Isolation housing will be limited to hygiene products only and shall be by bag method. Make up canteen for these Inmates will be allowed upon release from Isolation, given available resources.
- **Dayroom is suspended until further notice. Dayroom Activities will be allowed in lieu of recreational yard on Facilities B and C for those inmates noted on the heat risk medications list when Heat Pathology has been activated. On Facility A and D the Gymnasium will be allowed in lieu of recreational yard.**

CENTINELA STATE PRISON - COVID-19 UPDATE (#9)

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- Yard/In-line-refer to revised DAS dated April 30, 2020. The use of recreation equipment (basketballs, volleyballs, horseshoes, handball etc.) has been suspended until further notice. Shared recreation equipment (pull-up bars, dip bars, etc.) shall be cleaned between each use. Hand sanitation stations have been installed in workout area for inmate use. Yard Crew workers will conduct deep cleaning at the conclusion of the AM, PM, and NIGHT yard.
- Inmate Laundry shall be completed via the bag process.
- Prison Industry Authority assignments shall continue per critical workers list.
- Inmates newly arrived to the institution and any inmate returning from outside of the institution (OTC, OTM, Etc.) shall be housed according to the COVID 19 Pandemic – Road Map to Reopening Operations Memorandum, dated May 22, 2020, authored by Steven Tharratt, MD, Director, Health Care Operations, Connie Gipson, Director, Division Adult Institutions, and Joseph Bick, MDCCHP, Director Division of Healthcare Services.
- Per California Correctional Health Care Services - CTQ Inmates shall remain housed in their current assigned cell unless the CTQ Chrono redirects them to A5 for General Population inmates, D5 for SNY/NDPF inmates, or H Pod of C6 for ASU inmates. They shall shower last during shower times. These non-ILI, confined inmates DO NOT require an N-95 mask however, they will be required to wear the cloth mask provided by PIA. No additional precautions are necessary at this time.
- Inmates placed on CTQ shall be afforded access to recreation yard on a rotational basis after the fifth day of CTQ, as directed by the Facility Captain. This yard access shall be documented on the Facility Daily Activity Report and the Housing Unit Log Book.
- Inmates placed on CTQ shall be afforded access to telephones on a rotational basis after the fifth day of CTQ, as directed by the Facility Captain.
- Health Care: Medical/Mental Health/Dental by Priority Ducats, and Urgent/Emergent (requiring immediate action or attention) as per request from medical staff-Ensure social distancing.
- Per California Correctional Health Care Services - ILI General Population Inmates identified as requiring "Isolation" shall be moved to A5 and to D5 for SNY/NDPF inmates. ASU inmates shall be housed in H Pod of C6. These inmates shall wear a **surgical mask provided by health care** anytime they exit their assigned cell. Staff having direct contact with or within 6 feet of these inmates shall wear full protective equipment (Tyvek suit, Face Shield, latex gloves and N-95 mask).

CENTINELA STATE PRISON - COVID-19 UPDATE (#9)

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- Inmates with medically prescribed DME shall be allowed full access to their respective DME; these items will not be removed or confiscated unless legitimate security concerns exist. Clothing/linen exchange and issuance of cleaning supplies will not be affected by this modification. Healthcare staff have been consulted and have agreed to the proposals to the program modification affecting the access to health care. Health Care staff shall issue and collect 7362s from inmates. STAFF SHALL DOCUMENT ISSUANCE AND COLLECTION IN HU LOG BOOK.

Centinela State Prison management staff shall continue to monitor the ongoing situation and make revisions to this process as needed.

Again, thank you for all that you do!

A handwritten signature in black ink, appearing to read "R. Madden", written in a cursive style.

RAYMOND MADDEN
Warden
Centinela State Prison

Importance of Seasonal Influenza Vaccination during COVID-19 Pandemic

Dear Patient,

June 8, 2020

As you are aware, the COVID-19 illness is still circulating around the country, and can still pose a threat to your health. Because of the important measures put into place, California State Prison-Sacramento (CSP-SAC) has had “zero” inmates test positive for this virus. Measures such as the Protective Shelter in Place (PSIP) implemented to reduce the risk of illness and protect the high risk medical patient-population, social distancing, mandatory mask wearing, and modification of medical programs and movement are just a few processes implemented to mitigate the risk and keep everyone safe from this illness, and our measures are working.

In addition to the widely spread COVID-19 illness, the Influenza (Flu) season is just around the corner. The risk of the Flu virus circulating while we are still dealing with the COVID-19 spread will be a concern. This is why receiving the Flu vaccine is even more important this year, and although it may not protect you from COVID-19, it will help to reduce the severity and spread of seasonal influenza, which can lower your immunity and make you more susceptible to other illnesses. Also, higher vaccination rates, mean fewer sick patients, this will also help make the evaluation process more efficient in detecting the COVID-19 virus. In other words, if more people get their Flu shots, fewer people will be affected by the Flu illness and reduce the spread to others.

By knowing you are protected from the Flu, you are taking control of your health and hopefully give you one less concern as we enter into the traditional Flu season. The Flu vaccine will be available to everyone starting in October 2020, you will hear more about that soon.

Over the past months we have learned a lot about the COVID-19 illness. And as you review the list of symptoms below, you will see that many of the symptoms are very similar to that of the Flu:

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Muscle pains
- Chills
- Repeated shaking with chills
- Headache
- Sore throat
- New loss of taste or smell

*It's important to note that not everyone with Flu/COVID-19 will have a fever.

If you feel sick with any above symptoms, alert staff in the housing unit right away. If you are sick, please stay in your house until a medical staff can evaluate you. In addition to above symptoms, both COVID-19 and the Flu can present with GI symptoms (nausea, vomiting, abdominal pain), and in rare instances, strokes and heart attacks.

It is also important to note that certain individuals are at greater risk of getting sick from this virus including people age 65 and older, those who have a chronic medical condition such as diabetes, heart disease, hypertension, chronic lung disease, chronic kidney disease, chronic liver disease, HIV, and patients on medication that changes the immune system response. These individuals are placed on PSIP. The PSIP is not isolation, and these individuals are not infectious to others. This is a protective measure that has been implemented to keep our high risk patient population safe.

To help lower the risk of becoming sick from COVID-19 or the Flu we recommend that you:

1. Wash your hands frequently and for at least 20 seconds with soap and water.
2. Cover your cough or sneeze into the inside of your elbow.
3. Avoid touching your eyes, nose, and mouth with unwashed hands.
4. Wear a mask when you come out of your cell
5. Maintain physical (social) distancing of 6 feet between each other. (When in groups or around other people try to stay 6 feet away from them. You can walk and talk, just keep a bigger distance than usual between you and others. Avoid shaking hands)
6. Avoid gathering in groups of greater than 6 people.
7. Stay in your house/cell as much as possible. Avoid physical contact
8. If you share a housing cell with another person:
 - a. Clean surfaces often.
 - b. Ask your cellmate to wash their hands often, especially when returning back to your shared cell.
9. Of patients who were using CPAP and nebulizers, selective patient population were instructed not to use this device unless instructed to by your provider. These procedures increases the risk of COVID-19 transmission.
10. Please do not hide your symptoms, it is important to report to medical if you have any of the symptoms listed above. Hiding your symptoms could results in a delay of medical care or treatment needed to assist you.
11. We have prioritized all emergent and urgent patient care. Routine follow ups, including onsite and offsite appointments were seen on case by case basis.
12. We are planning to reopen the services in phases with an option to go back to strict measures if needed.
13. We have implemented a pre-parole planning visit with your Primary care provider. Do not miss this visit. This is your time to learn about your health and illness thoroughly for safe transition into the community and continued follow up with the provider in the counties you are released.
14. Watch for fellow inmate's health, encourage others to wash their hands, maintain social distancing, wear face masks and report symptoms as soon as you notice.

It is of utmost importance for you to stay healthy and follow all the measures shared in this letter.

The end result of all these measures is to maintain your optimal health and well-being and YOUR participation is the key to success!!!

Your health and safety is our top priority!

Sincerely,

CSP-SAC Medical Team

CC:

Chief Executive Officer

Warden

Chief Deputy Warden

Chief Nurse Executive

Chief Support Executive

Chief P&S

Director of Nursing

Pharmacy Chief

Chief of Mental Health

Chief Psychiatrist

Chief Dentist

Chief Quality Officer

CSP-SAC Public Health RNs

State of California

Department of Corrections and Rehabilitation

Memorandum

Date : **MAY 13 2020**

To ALL CUSTODY STAFF
Centinela State Prison

Subject: **COVID-19 GUIDANCE FOR DAILY PROGRAM REGARDING SOCIAL DISTANCING**

In response to direction from the California Department of Corrections and Rehabilitation (CDCR), relative to precautions and "Social Distancing" recommendations the following shall be effective immediately and for the duration of the COVID-19 altered program. The following announcement must be made throughout the day in the housing units, and facility yards utilizing the public address system;

For the safety of all, you are reminded that you need to maintain social distancing, at least six feet away from another person, and wear your mask anytime you are out of your cell/dorm. Please continue to clean and disinfect your immediate area and all touch points that you come in contact with. If you feel ill, inform staff immediately. Thank you for your continued dedication and compliance as we work through this together

All announcements must be made at the beginning of second and third watches, once during the respective shift and again at the end of the shift. All announcements shall be noted in the designated logbook. Thank you for your continued efforts, Centinela State Prison management staff shall continue to monitor the ongoing situation.



RAYMOND MADDEN
Warden
Centinela State Prison

Information about COVID-19

**Please notify staff if you or anyone in your housing unit has flu like symptoms*

Know how it spreads

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).

The virus is thought to spread mainly from person-to-person.

Between people who are in close contact with one another (within about 6 feet).

Through respiratory droplets produced when an infected person coughs, sneezes or talks.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Some recent studies have suggested that people who are not showing symptoms may spread COVID-19.

Wash your hands

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place or after blowing your nose, coughing, or sneezing.

If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact

Avoid close contact with people who are sick

Put **distance between yourself and other people**.

Remember that some people without symptoms may be able to spread virus.

Keeping distance from others is especially important for people who are at higher risk of getting very sick.

Cover your mouth and nose with a cloth face cover when around others

You could spread COVID-19 to others even if you do not feel sick. Everyone should wear a cloth face cover when they have to go out in public or in your housing unit

- Cloth face coverings should not be placed on anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

The cloth face cover is meant to protect other people in case you are infected.

Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

Wash your cloth face cover every 24 hours with soap and water

Cover coughs and sneezes

If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.

Throw used tissues in the trash.

Immediately **wash your hands** with soap and water for at least 20 seconds.

If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect

Clean AND disinfect frequently touched surfaces frequently. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

Información sobre COVID-19

- * *Notifique al personal si usted o alguien en su unidad de vivienda tiene síntomas similares a los de la gripe*

¿Cómo se propaga

Actualmente no existe una vacuna para prevenir la enfermedad por coronavirus 2019 (COVID-19).

Se cree que el virus se propaga principalmente de persona a persona.

Entre personas que están en contacto cercano entre sí (dentro de unos 6 pies).

A través de gotas respiratorias producidas cuando una persona infectada tose, estornuda o habla.

Estas gotitas pueden caer en la boca o la nariz de las personas cercanas o posiblemente ser inhaladas a los pulmones.

Algunos estudios recientes han sugerido que las personas que no muestran síntomas pueden transmitir COVID-19.

Lava tus manos

Lava tus manos a menudo con agua y jabón durante al menos 20 segundos, especialmente después de haber estado en un lugar público o después de sonarse la nariz, toser o estornudar.

Si no hay agua y jabón disponibles, use un desinfectante para manos que contenga al menos 60% de alcohol. Cubra todas las superficies de sus manos y frótelas hasta que se sientan secas.

Evitar tocarse los ojos, nariz y boca con las manos sin lavar.

Evitar el contacto cercano

Evitar el contacto cercano con personas enfermas

Ponga distancia entre usted y otras personas.

Recuerde que algunas personas sin síntomas pueden transmitir el virus.

Mantener distancia de los demás es especialmente importante para personas con mayor riesgo de enfermarse gravemente.

Cubra su boca y nariz con una cubierta de tela cuando est cerca de otros

Puede transmitir COVID-19 a otras personas incluso si no se siente enfermo.

Todos deben usar una cubierta de tela cuando tengan ue salir en p blico o en su unidad de vivienda

- o as cubiertas de tela para la cara no se deben colocar sobre personas ue tengan problemas para respirar o ue est n inconscientes, incapacitados o ue de otra manera no puedan uitarse la m scara sin ayuda.

a cubierta facial de tela est dise ada para proteger a otras personas en caso de ue est infectado.

Contin e manteniendo unos 6 pies entre usted y los dem s. a cubierta facial de tela no sustituye el distanciamiento social.

ave la cubierta facial de tela cada 24 horas con agua y ab n.

Cubra la tos y los estornudos

i se encuentra en un entorno privado y no tiene la cara cubierta de tela, recuerde siempre cubrirse la boca y la nariz con un pa uelo cuando tose o estornuda o usa la parte interior de su codo.

Tire los pa uelos usados en la basura.

vese inmediatamente las manos con agua y ab n durante al menos 20 segundos. Si no hay agua y ab n disponibles, l vese las manos con un desinfectante para manos ue contenga al menos 60% de alcohol.

limpiar y desinfectar

limpiar y desinfectar superficies frecuentemente

tocadas frecuentemente. Esto incluye mesas, pomos de puertas, interruptores de luz, encimeras, mani as, escritorios, tel fonos, teclados, inodoros, grifos y lavabos.

i las superficies est n sucias, l mpielas: Use detergente o agua y ab n antes de la desinfecci n.

Inmate goes man down for ILI symptoms:**If Conscious and breathing:**

Maintain 6 feet distance precaution

Apply/Don PPE (Apply in this order: surgical mask, face shield or eye protection, and gloves)

Give the Inmate a surgical face mask (Place on a near surface maintaining a distance of 6 feet)

Isolate the sick Inmate from others.

If I/P is on level III, leave inside of the cell until seen by the medical Responder.

If I/P is on level II, place in an area where there are no other inmates.

Monitor until the Medical responder arrives to the site.

After the inmate has left the building, properly have the area disinfected.

Remove PPE (In this order: Gloves, Face shield/eye protection, and Mask or Respirator)

Wash hands for at least 20 seconds with soap and water.

If Unresponsive in Cardiac Arrest with suspected or Confirmed COVID-19:

Limit Personnel at the scene

Apply/Don PPE (Apply in this order: gown, N-95 Respirator, face shield/ Eye protection, and gloves)

DO NOT BEGIN CPR WITHOUT HAVING ON THE APPROPRIATE PPE. CPR can cause COVID-19 to aerosolize.

Activate EMS

Begin CPR if necessary

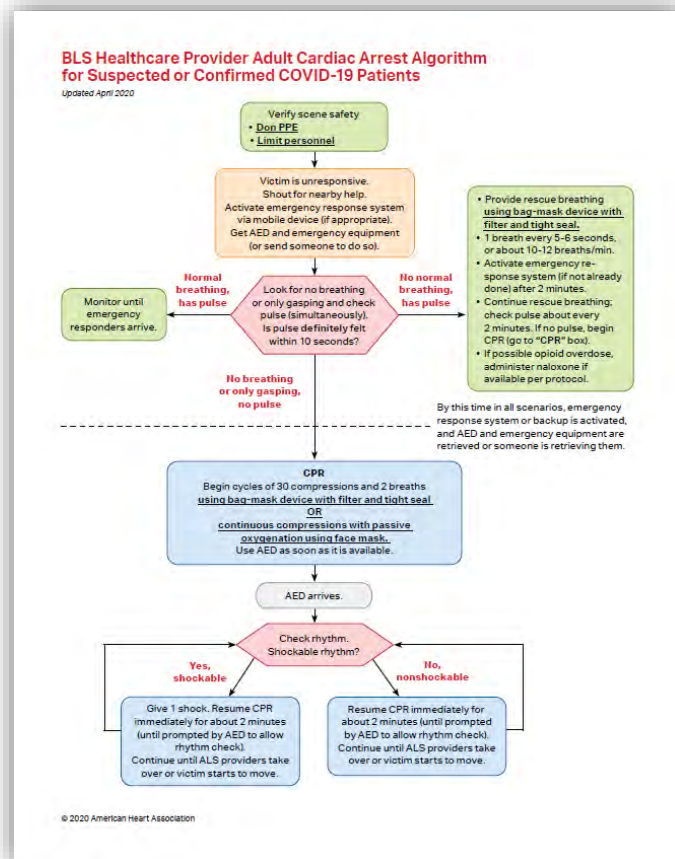
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After the inmate has left the building, properly have the area disinfected.

Remove PPE

(In this order: Gloves, Face shield/eye protection, Gown, and Mask of Respirator)

Wash hands for at least 20 seconds with soap and water.



FACE COVERINGS ON PRISON GROUNDS



IS MANDATORY

Memorandum

Date : May 6, 2020

To : All Staff
Centinela State Prison

Subject: **USE OF CLOTH FACE COVERINGS WITHIN THE SECURE PERIMETER
(REVISED)**

This memorandum is to advise all staff that in an effort to reduce the spread of COVID-19, effective immediately and until further notice custody and non-custody staff are required to wear a cloth face coverings/barrier within and outside the secured perimeter.

Staff are reminded they shall temporarily remove face coverings/barrier during Ingress and Egress at all areas where custody staff are required to positively identify staff, this includes but not limited to Staff Entrance, Vehicle Sally Port, Central Control, Complex Control and Gatehouse.

It is critical to emphasize that maintaining 6-feet social distancing remains important to slowing the spread of the virus. The Centers for Disease Control is advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure. The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare and custody staff dealing directly with inmates or staff who are suspected of infection. **Staff is reminded that personal masks cannot contain any inherently offensive logos, graphics or text. Designer face masks that have skulls, gate keeper, "punisher" logos, sport logos etc. on them (motorcycle type) would not be appropriate and employees will not be permitted to wear while on duty.**

In addition to the above mentioned face coverings, as an enhanced effort towards social distancing, staff are being urged to report to work timely and be patient during peak times at the staff entrances. The Staff entrance Officer will only allow three (3) staff members in the area at one time while no more than six (6) should be in the gated pedestrian sally ports. Please be courteous to others by limiting the items needing to come in and out of the Institution and be ready to thoroughly display all items in bags to custody staff so the process can be expeditious.

If you have any further questions or concerns, please feel free to contact Associate Warden, Jesse Juarez at extension 5500 or email him at Jesse.Juarez@cdcr.ca.gov.



RAYMOND MADDEN
Warden
Centinela State Prison

EXHIBIT C

CCHCS Videos Playing On DRP-TV Wellness Channel (June 9, 2020)

TITLE	TIME	ACCOMODATIONS	DATE ADDED/UPDATED	NOTES	LINK
AMEND COVID-19 Webinar (UCSF)	17:42	Closed captioning	4/23/2020		https://vimeo.com/408217505
CCHCS COVID-19 English	10:53	Text of video in lieu of captions	6/5/2020		https://vimeo.com/399285302/3f5516409d
CCHCS COVID-19 Spanish	10:53	Text of video in lieu of captions	6/5/2020	Iressed changes to transfer procedures. Future update will include	https://vimeo.com/399285302/3f5516409d
ASL: When to Get Medical Care for COVID-19	1:36	ASL/Captioning	4/10/2020	CDC Video	https://www.youtube.com/watch?v=EUcY1Yc816Y
Anti-Recidivism Coalition PSA	6:01	Closed captioning	4/28/2020		https://vimeo.com/cchcs/covid19-arc
ASL: Do Your Part To Slow The Spread	1:58	ASL/Captioning	4/28/2020	CDC Video	https://www.youtube.com/watch?v=Lmu2ItNDyPA
ASL: Are You at a Higher Risk For Severe Illness?	2:51	ASL/Captioning	4/28/2020	CDC Video	https://www.youtube.com/watch?v=AE9-8HVKNPdA
ASL: Can COVID-19 be passed to an unborn or newborn baby?	1:45	ASL/Captioning	4/28/2020	CDC Video	https://www.youtube.com/watch?v=NHvVzCoXTeg
ASL: COVID-19 How Does It Spread?	1:16	ASL/Captioning	4/28/2020	CDC Video	https://www.youtube.com/watch?v=m4gborCUztk
ASL: COVID-19 Social Distancing	0:45	ASL/Captioning	5/12/2020	CDC Video	https://www.youtube.com/watch?v=3KFHhEta68o
ASL: Slow the Spread Face Covering	2:30	ASL/Captioning	5/12/2020	CDC Video	https://www.youtube.com/watch?v=t9cnxxsEKpk
ASL: COVID-19 Self Checker	1:05	ASL/Captioning	5/12/2020	CDC Video	https://www.youtube.com/watch?v=gp4BqQqQTM
ASL: Risk To Pregnant Women	2:58	ASL/Captioning	5/12/2020	CDC Video	https://www.youtube.com/watch?v=s1X6_qP3IPU
ASL: COVID-19 Handwashing	2:06	ASL/Captioning	5/12/2020	CDC Video	https://www.youtube.com/watch?v=J6XaDkMD2NM
COVID-19 Como manejar la ansiedad y el estres	2:09	Spanish/Captioning	5/12/2020	CDC Video	https://www.youtube.com/watch?v=UDD7AXCoKVc
COVID-19 Are you at higher risk for severe illness?	2:22	Closed captioning	5/12/2020	CDC Video	https://www.youtube.com/watch?v=qb7shu_sdQ0
COVID-19 When to seek care for COVID-19	1:01	Closed captioning	4/28/2020	CDC Video	https://www.youtube.com/watch?v=JWtsm3kYytM
COVID-19 Cuando buscar atencion medica po el COVID-19	1:04	Spanish/Captioning	4/28/2020	CDC Video	https://www.youtube.com/watch?v=kV-LOWo9WEg
Cuidar a Alguien con COVID-19	1:44	Spanish/Captioning	5/12/2020	CDC Video	https://www.youtube.com/watch?v=fpi7B6Z2sFQ
COVID-19 Distanciamiento Social	0:39	Spanish/Captioning	5/12/2020	CDC Video	https://www.youtube.com/watch?v=52X8hPiqwEY
Freedom To Choose Project PSA	1:35	Closed captioning	5/27/2020		https://vimeo.com/cchcs/freedomtochoose
Padres que apoyan a sus hijos	2:25	Spanish/Captioning	5/27/2020	CDC Video	https://www.youtube.com/watch?v=y5-gCfO_cQw
Ponga de su parte para desacelerar la propagacion	1:10	Spanish/Captioning	5/12/2020	CDC Video	https://www.youtube.com/watch?v=IOGMvonNxqU
10 Cosas Que Puede Hacer Para Manejar El COVID-19 En Casa	1:21	Spanish/Captioning	5/12/2020	CDC Video	https://www.youtube.com/watch?v=MCRQYbc4pa8
Lo Que Los Adultos Mayores Necesitan Saber	3:07	Spanish/Captioning	5/12/2020	CDC Video	https://www.youtube.com/watch?v=qBJ9LViuXk4
Kelso English	3:18	Closed captioning	3/31/2020		https://vimeo.com/403044512/ba191da0a3
Kelso Spanish	3:24	Spanish/Captioning	3/31/2020		https://vimeo.com/403044512/ba191da0a3
Ralph English	2:51	Closed captioning	4/9/2020	Update from March 25 message	https://vimeo.com/406039076/494621ead9
Ralph Spanish	2:50	Spanish/Captioning	4/10/2020	Update from March 25 message	https://vimeo.com/406039076/494621ead9
ASL Parents Supporting Children	4:22	ASL/Captioning	5/12/2020	CDC Video	https://www.youtube.com/watch?v=iOq-8S_k7to&t=201s
Prison Fellowship PSA	0:48	Closed captioning	5/27/2020		https://vimeo.com/cchcs/covid19-pf
Message From Population On Proper Mask Usage			6/5/2020	CDCR Produced video	https://www.cdcr.ca.gov/insidecdcr/2020/06/08/in-this-together-insi

[ghts-best-practices-for-wearing-masks/](#)

COVID-19 VIDEO AWARENES

CDC videos to increase awareness on COVID-19, as well as drive home the importance of handwashing.

The content is playing twice in a four-hour cycle, six times a day (12 in total) every day. We are also in the process of creating a video specific to our population which will be distributed to the institutions via DRP this week.

- COVID-19: Should I wear a facemask? - <https://www.youtube.com/watch?v=pgbp5gvGxyA&list=PLvrr9iOILTQaJa78zFQ0QgvShQ2HEwHxP&index=10&t=0s>
- COVID-19 Stop the Spread of Germs - <https://www.youtube.com/watch?v=7-IW0s2yIA0&list=PLvrr9iOILTQaJa78zFQ0QgvShQ2HEwHxP&index=13&t=0s>
- COVID-19: What is my risk? - <https://www.youtube.com/watch?v=aFXb3yiYA2E&list=PLvrr9iOILTQaJa78zFQ0QgvShQ2HEwHxP&index=14&t=0s>
- COVID-19: What is novel coronavirus? - <https://www.youtube.com/watch?v=3AozUnFbYjs&list=PLvrr9iOILTQaJa78zFQ0QgvShQ2HEwHxP&index=16&t=0s>
- COVID-19: How to protect against novel coronavirus? - <https://www.youtube.com/watch?v=ANvNCk6546M&list=PLvrr9iOILTQaJa78zFQ0QgvShQ2HEwHxP&index=15&t=0s>
- COVID-19 Detenga la propagación de los microbios (Spanish) - https://www.youtube.com/watch?v=JDK2iktZ_tg&list=PLvrr9iOILTQaJa78zFQ0QgvShQ2HEwHxP&index=19&t=0s
- How does COVID-19 spread? - <https://www.youtube.com/watch?v=VPBT2oLQv3k&list=PLvrr9iOILTQaJa78zFQ0QgvShQ2HEwHxP&index=21&t=0s>
- What can I do to protect myself from COVID-19? - <https://www.youtube.com/watch?v=3Cx1b6H0H0E&list=PLvrr9iOILTQaJa78zFQ0QgvShQ2HEwHxP&index=22&t=0s>
- Lo que necesitas saber acerca del lavado de manos - <https://www.youtube.com/watch?v=d6GqoqSC4Zw&t=0s>

EXHIBIT D

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9 IN THE UNITED STATES DISTRICT COURT
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MARCIANO PLATA, et al.,

Plaintiffs,

v.

EDMUND G. BROWN, et al.,

Defendants.

Case No. 01-cv-01351-JST

**EXHIBIT D: COVID-19 EDUCATIONAL
VIDEOS FROM AVALANCE STATE
PRISON**

MANUAL FILING NOTIFICATION

Regarding: Exhibit D to Defendants' June 18, 2020 Submission

This filing is in paper or physical form only, and is being maintained in the case file in the Clerk's office. If you are a participant on this case, this filing will be served in via email shortly. For information on retrieving this filing directly from the court, please see the court's main web site at <http://www.cand.uscourts.gov>.

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4 Other (description):

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6 Dated: June 18, 2020

Respectfully submitted,

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