



INFORMATION FOR INMATES

What should I do and why are people being medically isolated for COVID-19?

What is COVID-19?

COVID-19 is an illness caused by a coronavirus that causes symptoms such as fever, cough, difficulty breathing. Symptoms may take up to 14 days to appear after exposure to the virus. COVID-19 is most commonly spread from an infected person through respiratory droplets when you cough or sneeze, close personal contact (shaking hands) or touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands.

How can I prevent the spread of COVID-19?

The best way to prevent the spread of infection is to: practice physical distancing at all times, notify Health Services if you feel sick, wash your hands often with soap and water for at least 20 seconds, avoid touching your eyes, nose or mouth, especially with unwashed hands, avoid close contact with people who are sick, cover your mouth and nose with your arm or tissue when coughing or sneezing (dispose of tissues immediately and wash hands), clean and disinfect frequently touched objects and surfaces, and wear a non-medical mask or face covering.

Why is screening and testing for COVID-19 important?

Screening and testing allows CSC to quickly identify who has the illness and arrange for them to receive the care they need. It also allows us to take necessary steps to slow the rate of transmission by limiting contact for inmates who have symptoms of, or may be at risk of developing COVID-19.

What is medical isolation?

Consistent with the best available information regarding the management of COVID-19, CSC is implementing medical isolation as a way for CSC to combat the introduction and spread of COVID-19 in our institutions by limiting contact for inmates who have symptoms of, or may be at risk of developing COVID-19. While under medical isolation you will be placed in a designated cell/space, you will need to maintain physical distancing of at least 2 metres between yourself and any other inmates and staff, and you will need to follow established guidelines for the use of Personal Protective Equipment.

Why are people placed in medical isolation?

- To help prevent the introduction of COVID-19 into the general population at CSC institutions
- To help identify COVID-19 cases amongst inmates through close monitoring and containment
- To help contain the spread of COVID-19 in CSC institutions



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When would I be placed in medical isolation?

- If you are coming into the institution on a new warrant of committal or a return to federal custody
- If you have symptoms of COVID-19
- If you have been diagnosed with COVID-19
- If you were in close contact with other persons that have symptoms of, or a diagnosis of, COVID-19
- If you are transferring from an institution where a staff member or other inmate has symptoms of COVID-19

How will I get my food while I am in medical isolation?

- Your food will be delivered to your cell/room door
- You will have to wait for the person who delivered your food to be 2 meters away from your door before you take your food
- You are asked to wash your hands with soap and water before and after every meal
- Any garbage should be put in a sealed garbage bag

Will I get to shower while in medical isolation?

- Every reasonable effort will be made to ensure you can shower daily, assuming you are medically fit to do so.
- If you have symptoms of COVID-19 or a COVID-19 diagnosis, it is very important you clean the shower stall after using it.

Will I be able to contact my family if I am in medical isolation?

- While in medical isolation, every reasonable effort will be made to provide you out of cell time to make telephone calls, as well as to be outdoors, on the range and to shower, with appropriate infection and control measures in place including social distancing and appropriate hygiene measures such as hand washing.
- The time and frequency allotted for time out of cell may vary based on the number of persons in medical isolation and available space and staff.
- After you use any type of common area, you will be required to clean the area with household cleaning products
- You will be provided with necessary cleaning products and be shown how to properly clean any surface that you touch.

How long will I be in medical isolation?

- The duration of the medical isolation will depend on your medical condition.
- Consistent with recommendations from public health authorities, 14 days of confinement will be necessary in order to eliminate the period in which you could be contagious
- If you are in medical isolation because you have symptoms of COVID-19 or are diagnosed with COVID-19, the recovery time is at least 10 days. Health Services staff will medically clear you once it is safe for you to be released from medical isolation.
- Because the length of time in isolation depends on whether you experience symptoms, and when, the specific length of time different people need to stay in isolation may differ. For example, if you develop symptoms several days after you were placed in isolation, this may result in a longer period in isolation. CSC staff will discuss the exact length of time for your

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particular situation with you.

What personal protection equipment (PPE) is available for me?

- Everyone is required to wash their hands with soap and water before leaving their cell. It is also a good practice to wash your hands with soap and water immediately upon re-entering your cell.
- If you have symptoms of COVID-19 or have been diagnosed as having COVID-19 you will also be required to wear a surgical mask when out of your cell.
- Staff will teach you how to properly put on and remove the surgical mask.

Can I call my lawyer?

Yes. Every reasonable effort will be made to provide you telephone access within the first 24 hours of being placed in medical isolation to call a lawyer. You will also have an opportunity to call your lawyer during out of cell time. You will also be able to submit complaints and/or grievances pursuant to Commissioner's Directive (CD) 081 – Offender Complaints and Grievances and Guidelines (GL) 081-1 – Offender Complaint and Grievance Process.

How can I access Health Care?

- A health service professional will visit you at your cell/house every day to check in on you. Don't hesitate to let them know if you need anything.
- You can also request to see health services at any time if you have an urgent need. Just let any staff member know that you need to see health services.

What is the process for being placed under Medical Isolation?

Staff will meet with you to explain why you are being placed under Medical Isolation, what the conditions of isolation will be, and how long you will need to stay in isolation. You will also be provided with information on COVID-19 and practices to help keep you safe. You will be seen daily by both health care and the Institutional Head while you are in isolation. They will be able to answer any ongoing questions you have.

What is modified routine for health purposes?

In order to stop or contain the spread of COVID-19 in institutions, there may be a need to change an institution's daily routines. If the routine is changed in your institution, this will be communicated to inmates and you will be seen daily by a staff member to identify needs you may have. They will be able to answer any ongoing questions you have and connect you with the appropriate resources.