

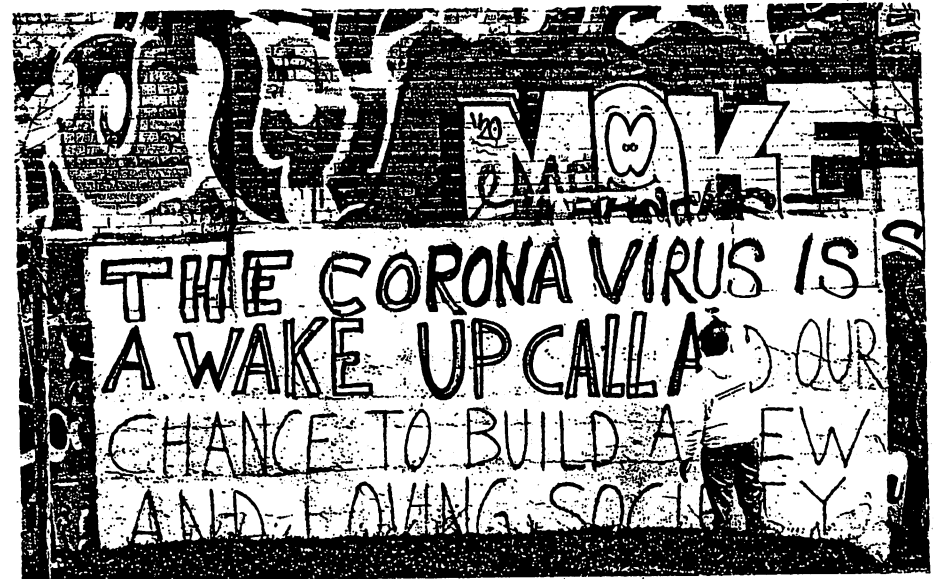
COVID19 REPORT FORM

First Name: _____ Last Name: _____
Pronoun: _____ DOB: _____
ID#: _____
Location: _____
Facility: _____
Housing Unit: _____ State: _____ Federal Prison Y/N _____
Do you have pre-existing immune system complications? Y/N _____
Do you have Coronavirus symptoms? Y/N _____
Fever Y/N _____ Dry Cough Y/N _____ Trouble Breathing Y/N _____
How many days have you had symptoms? _____
Have you seen a doctor? _____
Have you been tested for COVID19? What kind of treatment are you getting? _____
Have you been placed in isolation? _____
Are you on lockdown? Y/N _____ How many days have you been? _____
Notes/Additional Information: _____

South Chicago
ABC Zine Distro
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P. O. Box 721
Homewood, IL 60430

Staying Healthy

Staying Connected



COVID19



Information for Prisoners

Dear Friend,

We hope this message reaches you in good health and spirits.

As you read this, the world is changing rapidly outside. People's day to day realities have changed dramatically as routines of work, school, childcare, recreation, and simple things like shopping for groceries are disrupted or eliminated entirely, leaving us in a new moment none of us can fully comprehend or predict.

We are told to stay indoors and "socially distance" ourselves from each other. In many places there are official orders to "shelter in place" and people feel anxious—not just about getting sick, but also about how to afford and access basic supplies and pay the rent after being laid off or having hours cut.

But alongside the anxiety, we also see possibilities opening up in the cracks of the status quo. We are witnessing a rapid and fierce coming-together of friends and neighbors committed to taking care of each other through this crisis. People are coordinating distribution of material resources and providing emotional support within their communities, finding ways to remain socially connected while being physically distant.

This guide is an attempt to extend that social connection inside, across the walls and razor wire. We haven't forgotten about you and won't stop advocating for you. We hope you find this guide helpful, and that you'll stay in touch to let us know how you're doing and what you need.

In solidarity,

Blue Ridge ABC

Corona Virus Call-In Line @kitelineradio

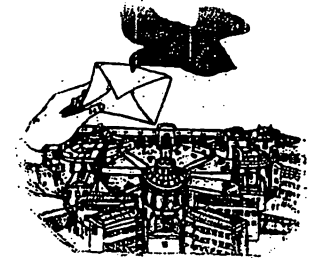
Call to record a message to be played on the air about the impact of COVID-19 on the incarcerated population.

765-343-6236

Communicate & Document

- Send us a letter documenting what is going on in your facility; let us know if staff are not adhering to stated policies and practices. You can also use the enclosed **report form**. Send letters and report forms to:

Blue Ridge ABC
 c/o Firestorm Books
 610 Haywood Road
 Asheville, NC 28806



- There will be a national grievance filing day on May 7, 2020 directed toward the Department of Justice – this relates to all conditions in NC state prisons, including but not limited to COVID19 response. If you or a family member would like to receive a grievance form let us know at the address above!
- Kite Line Radio has a hotline to report on COVID19 inside; messages will be played on-air. Call: (765) 343-6236

COVID-19 compared to other common conditions

	COVID-19	Common Cold	Flu	Allergies
Fever	common	rare	common	sometimes
Dry Mouth	common	mild	common	sometimes
Shortness of Breath	common	no	no	common
Headaches	sometimes	rare	common	sometimes
Aches & Pains	sometimes	common	common	no
Sore Throat	sometimes	common	common	no
Fatigue	sometimes	sometimes	common	sometimes
Diarrhea	rare	no	sometimes*	no
Runny Nose	rare	common	sometimes	common
Sneezing	no	common	no	common

* Sometimes in Children / Sources: CDC, WHO - **Business Week**
 American College of Allergy, Asthma & Immunology

Section 4: What you and your loved ones can do

- Self-Advocacy
- Communicate and Document
- COVID19 Report Form

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Self-Advocacy

If you are not getting the care you need, or staff are not adhering to the policies/practices stated above, you can:

- File an internal grievance form according to facility standards
- Have family members or friends call and email NCDPS Chief Deputy Secretary of Corrections: 919-825-2759 (ask for Tim Moose) // timothy.moose@ncdps.gov
- Inform local media, especially about failure to properly isolate and test sick people
- **If you are parole-eligible and/or in a high-risk group such as 65+ or with chronic illness, write and call Governor Roy Cooper to seek clemency/commutation.** The North Carolina Constitution grants clemency authority with the Governor in all criminal and penal cases (NC Constitution, Article III, Section 5); all inmates are eligible to apply for Governor's clemency. To apply, state law requires a letter requesting a commutation of sentence be written to the Governor by the applicant or by someone on his or her behalf. The letter should state the reasons for seeking clemency and applicants address.

Governor's Clemency Office
 4294 Mail Service Center
 Raleigh, N.C. 27699-4294
 Phone: 919-324-1456
 Fax: 919-715-8623
 E-mail: clemency@nc.gov

Illinois Prisoner Review Board
 319 East Madison Street, Suite A
 Springfield, IL 62701

Telephone: 217-782-7273
 Fax: 217-524-0012

What this guide covers

This guide provides up-to-date information about COVID19. We have only used information from credible sources such as the Center for Disease Control and other public health resources. **Critical information is also covered in Spanish although we were not able to translate the entire guide.**

We also suggest ways to advocate for yourself and others at this time, including a **COVID19 Report Form** and information about an upcoming national grievance filing day on May 7. Finally, we share news about people being released from prisons and jails in the wake of this crisis.

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Section 1: Background Information

- What is coronavirus // COVID19?
- Symptoms of COVID19 // Síntomas **** Español incluido ****
- Who is at a higher risk for severe symptoms?
- How does the virus spread? **** Español incluido ****
- How is COVID19 diagnosed and treated?

What is coronavirus // COVID19?

Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases affecting the respiratory (breathing) system.

In 2019 a new strain of coronavirus was discovered in humans (before then, it was only known to exist in animals). This new or "novel" coronavirus causes the disease known as COVID19, which is a respiratory illness that can spread from person to person. COVID19 is short for Coronavirus Disease 2019.

After rapidly spreading across the world, COVID19 was officially declared a "pandemic" by the World Health Organization (WHO)

on March 11, 2020. At the time of that declaration the virus had spread to at least 114 countries and had killed more than 4,000 people. As of March 21, 2020, that number has risen to 177 countries with at least 12,000 deaths. The vast majority of people who get sick do recover; to date, about 90,000 people (that we know of) have recovered from COVID19.

Symptoms of COVID19

People may not experience symptoms for **between 2-14 days** (the "incubation period") after infection. The most common symptoms are:

- Fever
- Cough
- Shortness of breath

Síntomas

En los casos confirmados de la enfermedad del coronavirus 2019 (COVID-19), las enfermedades reportadas han variado de tener síntomas leves a enfermedades graves, y hasta produjeron muertes. Los síntomas pueden incluir:

- Fiebre
- Tos
- Dificultad para respirar

Los CDC creen que los síntomas del COVID-19 podrían aparecer en tan solo 2 días o hasta 14 días después de la exposición

Most people with COVID19 experience **mild to moderate symptoms** and recover without seeking treatment. Many people are also "**asymptomatic**," meaning they show no symptoms. Some patients develop **severe symptoms**, including pneumonia, organ failure, and in some cases death.

North Carolina

- Hundreds of people in Charlotte-Mecklenburg County and Buncombe County have been released and advocates are actively pushing for more releases
- Durham County jail population decreased nearly 9% this past week and advocates outside are pushing for more releases
- Advocates are organizing a phone zap (mass call-in) to NCDPS starting March 23, 2020 to demand release of as many people as possible across NC state prisons.

Other States

- Baltimore State's Attorney Marilyn Mosby asked Maryland Gov. Larry Hogan to use his clemency powers to release incarcerated people who are over 60 or battling illnesses, and release early anyone due to complete their sentences in the next year.
- The Los Angeles County Sheriff's Department reduced its inmate population by 600; as many as 1,000 people in New Jersey county jails will be released starting next week; and Cuyahoga County, Ohio, released hundreds of prisoners.
- Immigrants Are on Hunger Strike in 3 ICE Detention Centers

International

- In Iran, as many as 85,000 people have been released from prisons across the country since the start of the outbreak
- Hundreds of people escaped from four semi-open prisons in São Paulo state in Brazil after Easter prison holidays were cancelled and restrictions on visitors tightened
- Riots broke out in Italian prisons and about 50 people escaped after restrictions on visitation were placed due to virus

- Offender transportation is limited to only court-ordered, high priority and health care movements. 12
- Offenders who are transported are medically screened for potential COVID-19 symptoms. Offenders with symptoms are isolated while the source of their medical issues are investigated. **COVID-19 tests are being done as necessary, in accordance with public health guidelines.**
- All transport buses and vehicles are required to be cleaned thoroughly after each use.
- Offenders who continue to work at external locations are being medically screened when departing from, and returning to, the facility. Return screening is done to identify anyone who develops symptoms while outside the facility.
- Non-essential medical appointments for offenders have been canceled to reduce transports so the medical staff can focus on COVID-19 issues.
- Medical co-pays have been waived for offenders with fevers or flu-like symptoms.
- Increased recreational opportunities for offenders are being instituted, where possible, and all facilities will have access to a movie subscription service.
- Offenders are allowed two free five-minute phone calls each week to family and friends.
- Pre-paid post cards will be provided for offenders in restrictive housing, who do not have phone privileges, if they wish to correspond in writing to family and friends.
- Staff has been instructed to report anyone who looks ill or feverish to the chain of command.

Resistance News: Campaigns for Mitigation & Early Release

All across the country, people are being released from prisons and jails in the wake of this outbreak. As abolitionists, we want to see everyone released, but we take heart at seeing the small gains made toward decarceration in a short period of time, and we will keep building momentum for more and more people to walk free.*

According to current data, "approximately 14% [of patients] develop severe disease requiring hospitalization and oxygen support and 5% require admission to an intensive care unit to try to prevent the most severe complications including septic shock." (this differs for high-risk groups, see "Who is at higher risk")

Emergency warning signs for severe COVID19 include:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

Who is at higher risk for severe illness?

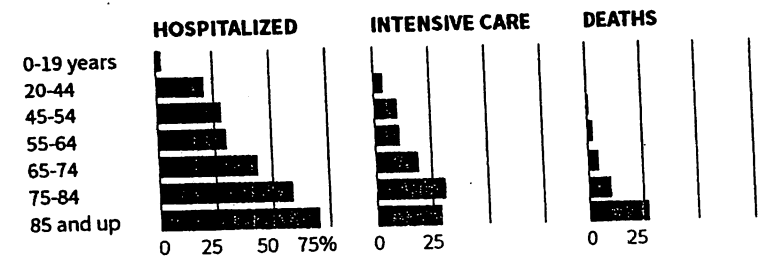
Los adultos mayores y las personas con afecciones crónicas subyacentes graves, como enfermedades cardíacas, enfermedades pulmonares o diabetes, parecen tener un mayor riesgo de presentar complicaciones más graves.

Certain groups of people are more vulnerable to developing severe symptoms, including:

- Older adults (65 and older)
- People with chronic health problems such as heart disease, lung disease, diabetes
- People with weakened immune systems

Severity by age group in the U.S.

Hospitalization, intensive care unit (ICU) admission, and case-fatality percentages for reported COVID-19 cases in the United States, Feb. 12–March 16, 2020



Source: Centers for Disease Control and Prevention

- 31-59% of adults 65-84 years old with COVID19 require hospitalization
- 11-31% of adults 65-84 years old require admission to intensive care unit

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How does the virus spread?

The virus is thought to spread mainly between people who a close contact (within about 6 ft) through "respiratory droplets" released when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people nearby or inhaled.

Frequently-asked questions about spread of coronavirus

Can someone spread the virus without being sick?

People are thought to be most contagious when they are most symptomatic (sickest), but people with mild symptoms and people who show no symptoms (asymptomatic) can spread the virus.

Can the virus be spread from contact with contaminated surfaces/objects?

Information on this is changing, but recent evidence from the National Institutes of Health shows the virus can remain "detectable and stable" on various surfaces including copper (up to 4 hours), cardboard (24 hours), and plastic and stainless steel (2-3 days). So it may be possible to get COVID-19 by touching a surface or object that has the virus on it and then touching your own mouth, nose, or eyes.

Can you catch coronavirus by eating food handled or prepared by others?

It's not clear whether the virus can be spread through food handled or prepared by an infected person, but it is considered unlikely/rare. For hot food, the virus would likely be killed by cooking. This may not be the case with uncooked foods like salads or sandwiches.

Can coronavirus travel through the air?

Information about this is still emerging, but a recent NIH study shows the virus can stay present in the air for up to three hours, concluding that airborne spread of the virus is "plausible."

- Si las superficies están sucias, límpielas: use agua y jabón o detergente antes de desinfectar.

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Section 3: Latest News

- What NCDPS is telling people
- Resistance News

What NCDPS is telling people

The following is from NCDPS website:

This is what has been done so far, as of March 19, 2020:

- Visitation and volunteer visits were suspended at all prisons
- Legal visitation and pastoral care visits continue, but those visitors will be subject to medical screening.
- All vendors and contractors doing business with facilities also will be screened prior to entering a prison facility.
- Aggressive cleaning efforts are underway at all prisons.
- Ample supplies of disinfectants and soap have been distributed to each facility.
- Correction Enterprises has 2,000 cases of disinfectant in the spray bottle form available and is producing 1,100 cases/day.
- A non-alcohol-based hand cleanser has been created by Correction Enterprises and is available to staff and offenders
- Coronavirus prevention posters from the CDC have been placed in all facilities to explain how to reduce exposure to, or transmission of, the virus.
- All new offenders to the state prison system are being medically screened for potential COVID-19 symptoms to prevent the introduction of the virus. Those who have symptoms are isolated while the source of their medical issue is investigated. COVID-19 tests are being done as necessary, in accordance with public health guidelines.

Quédese en casa si está enfermo

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- **Quédese en casa si está enfermo**, excepto para conseguir atención médica. Sepa qué hacer si se enferma.

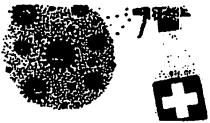
Cúbrase la boca al toser y estornudar

- **Cúbrase la boca y la nariz** con un pañuelo desechable cuando tosa o estornude, o use la parte interna del codo.
- **Bote los pañuelos desechables que haya usado a la basura.**
- De inmediato, **lávese las manos con agua y jabón** por al menos 20 segundos.



Use una mascarilla si está enfermo

- **Si está enfermo:** Usted debería usar una mascarilla cuando esté cerca de otras personas (p. ej., compartiendo una habitación o un vehículo) y antes de entrar al consultorio de un proveedor de atención médica. Si no puede usar una mascarilla (por ejemplo, porque le causa dificultad para respirar), debe hacer todo lo posible por cubrirse la nariz y la boca al toser y estornudar, y las personas que lo estén cuidando deben ponerse una mascarilla si entran a su habitación. Sepa qué hacer si se enferma.
- **Si NO está enfermo:** No necesita usar una mascarilla a menos que esté cuidando a alguien que está enfermo (y que no puede usar una). Es posible que las mascarillas empiecen a escasear y deberían reservarse para los cuidadores.



Limpie y desinfecte

- **Limpie y desinfecte las superficies que se tocan frecuentemente todo los días.** Esto incluye las mesas, las manijas de las puertas, los interruptores de luz, los mesones, las barandas, los escritorios, los teléfonos, los teclados, los inodoros, los grifos, los lavamanos y los lavaplatos.

Cómo se propaga el COVID-19

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Los conocimientos actuales sobre cómo se propaga el virus que causa la enfermedad del coronavirus 2019 (COVID-19) se basan en su mayoría en lo que se sabe sobre coronavirus similares.

Propagación de persona a persona

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

- Entre las personas que tienen contacto cercano entre ellas (dentro de unos 6 pies de distancia).
- Mediante gotitas respiratorias que se producen cuando una persona infectada tose o estornuda.
- Estas gotitas pueden llegar a la boca o la nariz de las personas que se encuentren cerca o posiblemente entrar a los pulmones al respirar.

Propagación mediante el contacto con superficies u objetos contaminados

Podría ser posible que una persona contraiga el COVID-19 al tocar una superficie u objeto que tenga el virus y luego se toque la boca, la nariz o posiblemente los ojos, aunque no se cree que esta sea la principal forma en que se propaga el virus.

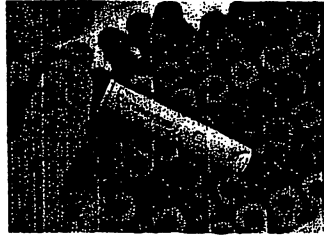
¿Cuándo se produce la propagación?

- Se cree que las personas son más contagiosas cuando presentan síntomas más fuertes (están más enfermas).
- Podría ser posible que haya algo de propagación antes de que las personas presenten síntomas; ha habido informes sobre esto con relación a este nuevo coronavirus, aunque no se cree que esta sea la principal forma en que se propaga el virus.

How is COVID19 diagnosed and treated?

Diagnosis

Laboratory tests can identify the virus that causes COVID-19 in respiratory samples. State and local public health departments have received tests from the Center for Disease Control. These tests are Real-Time Reverse Transcriptase (RT)-PCR Diagnostic Panels, that can provide results in 4 to 6 hours.



NCDPS has stated that COVID-19 tests are being done “as necessary”—let us know if you or someone else have symptoms of COVID19 and have not been given a test or have been told no tests are available.

Treatment

There is no specific treatment or vaccine at this time.

Section 2: How to Avoid Spread & Infection

The best way to stay healthy is to avoid exposure and infection by following these practices:



- **Wash your hands often with soap and water for at least 20 seconds** – especially before eating or touching your face, eyes, or mouth and after touching frequently-used surfaces (cell doors, counters, phones, bathroom surfaces).
- **NCDPS says it is making a non-alcohol based hand cleanser available to all inmates**; let us know if you are not receiving this product on demand!
- **Avoid touching your eyes, nose, and mouth especially with unwashed hands.**

- **Whenever possible stay 6 feet away from others (“physical distancing”)**
- **Cover cough or sneeze with your elbow** – do not cough/sneeze into your hand or the air
- **Sanitize surfaces in your cell with disinfectant every day. If possible, sanitize eating surfaces before eating. NCDPS says that it has made disinfecting spray available – let us know if you are not being provided with necessary supplies!**
- **Do not share glasses, utensils, dishes, towels, or bedding that has not been cleaned/sanitized between uses.**

Everyone should follow these practices, but it is especially important if you are over 65 or have a chronic health problem (heart or lung disease, diabetes, weakened immune system).

Tome medidas para protegerse

Límpiese las manos con frecuencia

- **Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos, especialmente después de haber estado en un lugar público, o después de sonarse la nariz, toser o estornudar.**
- **Evite tocarse los ojos, la nariz y la boca con las manos sin lavar.**

Evite el contacto cercano

- **Evite el contacto cercano con personas que estén enfermas.**
- **Mantenga una distancia entre usted y las otras personas si el COVID-19 se está propagando en su comunidad. Esto es especialmente importante para las personas que tengan un mayor riesgo de enfermarse gravemente.**

Tome medidas para proteger a los demás