

COMING HOME FROM PRISON OR JAIL DURING CORONAVIRUS

You may have been exposed to the coronavirus while in prison or jail. When you return home, protect your loved ones by distancing yourself from members in your household. Sadly, this means no hugs, kisses, or handshakes. Follow these steps to keep everyone in your home safe and healthy.

Isolate for 14 Days



- Stay home and away from others
- No visitors
- Stay in one room away from other members in your household, if possible
- Stay away from anyone over 60 yrs old or with health conditions like high blood pressure and diabetes
- Do not share dishes, towels, sheets, and electronics
- Use a separate bathroom, if possible

Prevent the Spread of Germs

- Wash your hands often with soap and water for at least 20 seconds
- Cover your sneeze and cough
- Don't touch your eyes, nose, and mouth
- Clean all surfaces that are touched often, like counters, tabletops, and doorknobs
- Stay 6 feet away from people
- Wear a cloth face covering that fits over your nose and mouth



Check for Symptoms

Most people who get sick from coronavirus will have only mild illness and should recover at home.

- Symptoms include:
 - Fever
 - Cough
 - Chills
 - Muscle pain
 - Headache
 - Sore throat
 - Loss of taste or smell
 - Shortness of breath
- Get emergency medical attention if you have:
 - Trouble breathing
 - Pain or pressure in the chest
 - Confusion
 - Bluish lips or face



FOR MORE INFO:

CALL 211

WWW.LDH.LA.GOV/CORONAVIRUS

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COMING HOME: HOW TO CARE FOR A LOVED ONE RETURNING FROM PRISON OR JAIL

Your loved one may have been exposed to coronavirus while in prison or jail. When they return home, they must distance themselves from others, if possible. Follow these steps to keep everyone in your home safe and healthy.

Check for symptoms

Most people who get sick from coronavirus will have only mild illness and should recover at home.

- Symptoms include:

- Fever
- Cough
- Chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell
- Shortness of breath

- Get emergency medical attention if they have:

- Trouble breathing
- Pain or pressure in the chest
- Confusion or won't wake up
- Bluish lips or face



Prevent the spread of germs

- Have your loved one stay in one room, away from others
 - No hugs, kisses, or hand holding
 - Especially away from people 60 or older and people with health conditions like blood pressure & diabetes
- If in same space, open a window and turn on a fan
- Wash hands often with soap and water for at least 20 seconds
- Don't touch your eyes, nose, and mouth
- Everyday, clean all surfaces that are touched often, like counters, tabletops, and doorknobs
- No visitors - stay 6ft away from people
- Have them wear a cloth face covering when around people in the home and outside
- Do not share dishes, towels, sheets, and electronics



If your loved one has COVID-19

- Make sure the sick person drinks a lot of fluids to stay hydrated and rests at home.
- Treat the symptoms - Over-the-counter medicines may help with symptoms.
- For most people, symptoms last a few days and get better after a week.
- They can leave their sick room if they have no fever for 3 days and other symptoms have improved
- Monitor your own health and check for symptoms

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