



# COVID-19 INFORMATION

## For people re-entering the community after incarceration

Being released back into society after spending time in prison or jail can be challenging even under normal circumstances. The COVID-19 pandemic adds another layer of challenges to an already challenging situation. Below are some tips to stay safe from COVID-19 and answer common questions about the virus.

### What is COVID-19?

- COVID-19 (also known as novel coronavirus) is an illness caused by a virus that can spread from person to person.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness and can result in death.
- Symptoms may appear 2-14 days after exposure. Symptoms include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.
- There is currently no vaccine to protect against COVID-19.
- CDC video: Stop the Spread of Germs [www.youtube.com/watch?v=kEhNyxKopsg](https://www.youtube.com/watch?v=kEhNyxKopsg)

### How is COVID-19 spread?

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks. Respiratory droplets are tiny drops of liquid that travel through the air when someone talks, coughs or sneezes and doesn't cover their face and is not wearing a mask.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes. A surface could have the virus on it if someone sneezed or coughed near it or in their hands and then touched the object.

### How can I prevent getting COVID-19?

- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Stay at least 6 feet from other people.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol based hand sanitizer that contains at least 60% alcohol.

## What are the challenges with COVID-19 for people re-entering the community after incarceration?

- **Limited services.** Offices may be closed and some services will only be accessible by phone or on the web. For web-based services, you may not have access to a smart phone, or computer. Computers at libraries and workforce centers are limited or no longer available. **Increased difficulty finding housing.** Shelters and other group housing are taking in fewer people in order to maintain social distancing.
- **Limited access to employment services.** Many community organizations are working virtually. The job market has changed dramatically since early 2020.

## Helpful websites

- General information: [covid19.colorado.gov](https://covid19.colorado.gov)
- Get Help Now: information on food resources, employment, health care, and more: [stayathomeco.colorado.gov/get-help-now](https://stayathomeco.colorado.gov/get-help-now)
- Telehealth and nurselines: [covid19.colorado.gov/covid-19-in-colorado/about-covid-19/telehealth-and-nurselines](https://covid19.colorado.gov/covid-19-in-colorado/about-covid-19/telehealth-and-nurselines)
- Testing sites: [search.211colorado.org/search?terms=COVID-19%20Testing&page=1&location=Colorado&service\\_area=colorado](https://search.211colorado.org/search?terms=COVID-19%20Testing&page=1&location=Colorado&service_area=colorado)
- Colorado Crisis Services: Free, confidential, professional, 24/7 support. Call 1-844-493-8255 or text “TALK” to 38255.