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What can you do to protect yourself?

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WHAT CAN YOU DO TO PROTECT YOURSELF?

What can I do to prevent infection in myself and others?

- Although trials are underway, there is currently no vaccine to prevent infection.
- Wash your hands often with warm water and soap for at least 20 seconds. Especially if you've blown your nose, are coughing or sneezing. Hand washing is the most effective way to remove the virus from skin.
- If soap and water aren't available, use hand sanitizer with at least 60% alcohol. Avoid touching your face and cover your cough and sneezes with a tissue or the inside of your elbow – DO NOT use your hands!
- If COVID-19 is spreading in your community, maintain distance between yourself and others, particularly persons at high risk of getting very sick. The list of states with community spread can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html>
- Monitor orderlies closely and make sure they are continuously wiping down high touch surfaces such as tables, computer keyboards and mice, door handles and telephones. More information on institutional disinfection and cleaning may be found here

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If my institution has confirmed cases of the virus, what can I do to prevent bringing the virus home?

Working around staff or inmates that may be infected may cause anxiety and concern and the dedication of thousands of BOP staff to continue performing their necessary duties is admirable. There are several things you can do to protect yourself and loved ones:

- Wash your hands or use hand sanitizer frequently during your shift, immediately prior to leaving work and again immediately when you return home.
- Because of poor survivability coronavirus on surfaces, there is likely very low risk of spread from clothing. Coronaviruses are generally thought to be spread most often by respiratory droplets.
- Take the same precautions you do at work at home – cover your coughs and sneezes, wash hands and clean high touch surfaces frequently, and avoid touching your face.
- Staff should also clean high touch areas of routinely used items such as duty belts and other equipment.

Should I wear a facemask?

Facemasks ARE NOT recommended if you are not sick unless you are caring for someone who is or might be sick and they are not able to wear a facemask. Facemasks are in short supply and should be reserved for the ill, their caregivers and staff performing screening of potentially sick staff.

Should I wear a Cloth Face Cover?

Yes, guidance on cloth face coverings is provide on the (b)(7)(E); (b)(7)(F) for both inmate and staff use.

What can I do to manage stress?

- The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a

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disease can be overwhelming and cause strong emotions in adults and children. Tools for coping with stress will help you, the people you care about, and your community stronger. "Resources for Staying Well During COVID-19" can be found [here](#)

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- Please don't forget that EAP is always available.
The Employee Assistance Program (EAP) for the Bureau of Prisons
Someone to talk to all day, all week, all year -
- The BOP has also activated a [Staff Support L](#)

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Adapted from CDC guidance found here: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

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