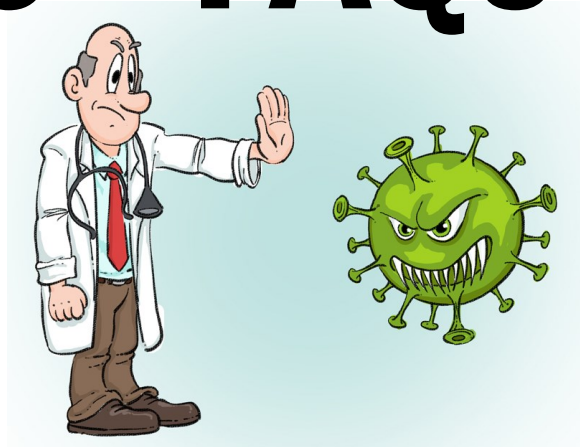


# COVID-19—FAQs

## HOW WILL THIS AFFECT ME ?



**What if someone in my housing unit gets sick with COVID-19?** If someone in your mod or dorm is being tested for COVID-19, your unit will be on quarantine until the test results come back. If the test comes back positive for COVID-19, individuals will remain on quarantine status for a minimum of 14 days. Movement will be restricted during the quarantine period in order to prevent the spread of illness, and monitor those who may have been exposed. If the test comes back negative, quarantine will no longer be necessary.

**What happens to me if I get sick with COVID-19?** Most cases of COVID-19 can be managed at the facility as symptoms are normally flu-like. Infected individuals will be housed in a single cell and will be treated for their symptoms by in-house medical staff. Hospital transfers will be made as needed.

**How do I social distance myself from others when I live in a cell with another person?** "Social Distancing" may be hard to do in a correctional facility, but there are things you can do to protect yourself: distance yourself from others as much as possible, avoid group activities, don't share food or drinks, wash your hands with soap and water for at least 20 seconds and clean your living space frequently.

**What about new people coming into the facility?** All new remands into all facilities statewide have been screened for symptoms of COVID-19. Anyone sick or exhibiting symptoms remain separate from general population until no longer medically necessary.

**When will visiting be brought back?** As soon as visitation can be safely provided, DOC will begin to lift visitation restrictions. Visitation was suspended to minimize the introduction and limit the spread of COVID-19 to the institutions. While visitation is suspended, DOC encourages you to use your 2 free 15-minute phone calls per week to keep in touch with loved ones. These reset every Saturday and will continue while visitation is suspended.

**Why can't I go to programming?** DOC suspended all volunteers and contractors in order to minimize the introduction and limit the spread of COVID-19. Also, the Center for Disease Control (CDC) has recommended avoiding groups of 10 people or more. For these reasons, the decision was made to temporarily limit services and programming. During this time, you are encouraged to review program materials you may already have and practice skills you have learned in treatment. If you have urgent concerns, talk to staff or submit an RFI.

**Will my commissary be affected?** At this time, there should be no affect on your commissary. The Port of Alaska, which is responsible for receiving all cargo (food, supplies, etc.) says all shipping operations should remain normal, meaning supplies in commissary should be unaffected.

**Why can't I go to the dentist?** Dental services are continuing but some procedures have been suspended due to the potential risk of COVID-19 spread. On March 19, 2020, the Governor issued a Health Mandate that all elective and non-essential dental procedures be postponed. Dental settings and oral health professionals are some of the highest risk categories for both transmitting and contracting COVID-19. If treatment is medically necessary, please provide more information about your condition by sending an RFI to the medical department or talking to a staff member.

**Why did my outside medical appointment get cancelled?** On March 19, 2020, the Governor issued a Health Mandate that all non-urgent or elective medical procedures be postponed for three months. This was done to decrease the overall impact on the Alaska health care system because of its limited space. Health care beds need to remain open for COVID-19 patients. Also, going into the community increases your chances to contract the virus. If you believe you have a medical need that requires immediate attention, contact a staff member or submit an RFI to the medical department.

**Why can't my attorney come in?** Just like with visitors, any member of the community coming in increases the chance of introducing the virus to the facility. DOC is encouraging courts and attorneys to reschedule and shift to electronic/telephonic meetings. Please inquire with your attorney whether this is possible for you.