

You may have seen on the news some of the things happening in Italy, China and Spain in neighbourhoods which are all having to self-isolate. We want to ensure we always find hope, even though the hardships.

Overall, we want you to feel safe, respected and communicated with throughout the coming days and weeks.

Thank you for reading this and for your co-operation. Please communicate any issues or concerning regarding this issue.

Please feel free to use this side to make notes, or to write any questions that you feel we've not answered. These can be sent directly to the Covid-19 team, or on an application to myself (Governor Rob Knight) and we will then aim to answer these in next week's edition of this newsletter.

Rob Knight GOVERNOR

Questions or concerns:

Name	Number	Location

COVID-19 Friday 20th March 2020



As we move forward into the coming weeks, it is likely that our focus is going to become more and more around our response to the corona virus (now officially called COVID- 19) and keeping you and ourselves safe through the coming months.

We have been planning for several weeks already, and following a step up of information and practical input from a national level on Friday, I am now in the position to write to you all with the current picture and share the information I have. It is important **you and your families** know all about what we are doing to safeguard you and to respond to any outbreak in the prison. Please do pass this information onto them and we have copies of this newsletter available at the Visitors Centre for anyone who wants to take a copy.

We have included a page of **Questions and Answers** that we hope will answer the most common questions you might have at this stage. We'll write to you in this format regularly in order to answer further questions, give updated information. We will also use Notice to Prisoners and the Uni-link Kiosk's for any urgent news.

If you ask us something and we don't know the answer straight away, we will come back to you. We are in this together and we're working sensibly in order to make the best decisions we can.

Your wellbeing and that of our staff is our top priority and we must work through this together **calmly**. Your ideas for safety are important too, so please keep those feeding through to us. We anticipate that numbers of staff in the coming weeks will be required to self-isolate. This must happen as part of our best care for you. At this stage, we have only had a small number self-isolating. We have a good contingency in place for higher numbers of staff being off. This includes cancelling training and external meetings straight away.

We are also looking at paying staff to work extra hours, bringing staff back from headquarters and reducing both formal and non-essential parts of our day-to-day work so that we can maximize our unlock. I've shared all this information with staff today, so please now take a few minutes to read the information and feel free to let us know any questions you still have that we've not answered yet.

I can imagine that being in prison at a time like this, must increase anxiety. Your wellbeing is as important to us as your physical health. Look out for each other, and let's keep talking with each other.

Q&A for Covid-19

(Updated 19th March 2020)

Q: What happens if any prisoner thinks they or someone else has Corona Virus?

A: We would ask you to tell a member of staff immediately, and then return to your cell. We will then get healthcare to visit you in your cell and, if appropriate, initiate self-isolation for 7 days.

Our nurses and doctors will then follow the advice of NHS and World Health Organisation, which currently is to self-isolate, take normal pain meds and drink plenty of water. As this is a new virus, advice is being updated as doctors learn more about it.

During this period of isolation you will be monitored by Healthcare staff three times a day and we will react to any change in presentation.

We already have good plans in place for flu pandemic, which we used last year when one wing had to be completely isolated. We are confident about being able to manage the issue of isolation.

Symptoms	Coronavirus Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Altrupt onset of symptoms
 Fever	Common	Rare	Common
 Fatigue	Sometimes	Sometimes	Common
 Cough	Common* (usually dry)	Mild	Common* (usually dry)
 Sneezing	No	Common	No
 Aches and pains	Sometimes	Common	Common
 Runny or stuffy nose	Rare	Common	Sometimes
 Sore throat	Sometimes	Common	Sometimes
 Diarrhea	Rare	No	Sometimes for children
 Headaches	Sometimes	Rare	Common
 Shortness of breath	Sometimes	No	No

Sources: World Health Organization, Centers for Disease Control and Prevention

Q: Why haven't you got hand sanitiser on all of the wings?

A: Because it currently isn't available. We are being rationed the same as outside and currently are only able to order a small amount at a time. Advice is that normal soap used to clean your hands regularly, as well as not touching your face are the best prevention. We will ensure we have more towels and soap available on wings so no one runs out. Anyone who has symptoms or is confirmed case, bedding and towels will be collected and washed separately at correct temperatures.

Q: If I have to self-isolate, how will that actually happen?

A: In a prison, the easiest way to self-isolate is within your single cell. That means that you will not be allowed out of your room for 7 days. We will bring all food, medication and other items to you. If we get to the point where large numbers of prisoners are self-isolating, all aspects of the prison regime are likely to be affected and we will update you if that becomes the case so you know as early as possible of any restrictions.

Q: Are there any plans to stop normal and family visits?

A: Yes, a NTP was issued today. We will continue to operate visits but in a reduced capacity, for as long as possible. We want to do everything we can to keep visits running. Please remind your families that they MUST stay home and not visit you if they are unwell.

Q: How will I be able to contact family if I am self-isolating?

A: Mail, Email a prisoner, Voice mail and in cell telephony, we are currently reviewing the provision for Category A prisoners.

Q: Will my family be told if I am unwell?

A: If you are taken to hospital as a serious case, yes. We would ensure your family are informed unless you asked us not to. In other cases less serious, you will be able to keep them updated yourself. This is the same as our current policy. If you aren't sure if you have family contact details on the system, please speak to your keyworker who can add these. It is important that we have the correct family and next of kin details.

Q: Will I still get canteen?

A: Yes. We know how important this is to you and so this will be part of our plans to ensure it is distributed each week. We will inform you if we hear there are interruptions at any earlier stage of our canteen supply chain.

Q: I have an external medical operation. Will it still go ahead?

Medical appointments are being cancelled in hospitals. We will keep you updated on this.

Q: What about activities (education / workshops) and association?

A: Currently running Education and Workshops however this is continually being reviewed in consultation with unions and service providers ensuring social gathering and mass gathering guidelines are met.

Q: Will I still be paid if there are no workshops open and I can't attend activities?

A: Yes, you will still be paid.

Q: Will we still be gathering for corporate worship services?

A: All corporate worship has been cancelled as per the NTP.

Q: I am feeling fearful and anxious about all of this. What should I do?

A: Firstly, it's ok to feel like that. Don't be afraid to tell us. We want to help. You can speak to the Listener who is on call, to Samaritans by phone, to chaplaincy or any member of staff. These are uncertain times and we want to ensure we remain hopeful and supportive. You won't be abandoned or forgotten by us. We take seriously our responsibility to looking out for you and there are lots of people monitoring the situation with us to offer support and resources as we need them.

Q: I am 70, or have underlying health issues that put me at particular risk. What about me?

A: We are working with healthcare to ensure they have you identified particularly on their list. We will know who you are and we will be following all advice about how best to care for you. Please don't be afraid to speak to a nurse about anything you are particularly concerned about.

Q: Is there extra cleaning going on?

A: Yes, we are reviewing our cleaning schedules and will continue to clean all areas we will be utilising Men on residential areas to achieve this. Overall, we continue to clear excess materials from staff areas and we will focus our efforts on high priority and high risk areas in order to ensure surfaces and high traffic 'touch' points can be cleaned.