

## When releasing from Quarantine

Quarantine means that you have been exposed to someone with confirmed or suspected COVID-19.

If you are released before the end of your 14-day quarantine period, you will be asked to finish your quarantine period in your new housing and not leave your housing unless urgent.

Follow the recommendations for everyone provided.



Please remember to stay safe  
and wash your hands!  
DOC COVID-19 Medical Group

## When releasing from Isolation

Isolation means that you have recently displayed symptoms that are consistent with COVID-19 or have been diagnosed with COVID-19.

If you are released directly from an isolation area, one of the following may occur:

1. You have completed an adequate isolation period for release from prison without the need for ongoing isolation and can follow the recommendations for everyone.
2. You will release to the community, but must follow these instructions from community public health:

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600-BR004 (4/2020)



# COVID-19

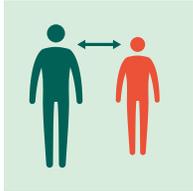
## What You Need to Do when Releasing from a Correctional Facility to the Community



# How do you protect yourself?



**Wear a face covering or mask** anytime you are outside your residence. *For example, grocery shopping.*



**Stay at least 6 feet away from others.** *Social or physical distancing.*



**Wash your hands often** with soap and water or with hand sanitizer for at least 20 seconds.



**Avoid touching your eyes, nose or mouth,** especially with unwashed hands.



**Cover your cough or sneeze.** Cough or sneeze into the bend of your elbow.



**Clean frequently touched surfaces and objects with disinfectant.** *Bleach is not necessary.*

# When releasing from Prison

## What are the symptoms?

**Cough**

**Fever**

**Shortness of breath**

**Muscle aches**

**Sore throat**

**Unexplained loss of taste or smell**

**Diarrhea**

**Headache**

Most people with COVID-19 have mild flu-like symptoms and get better. Only a small number of people will get very sick and need to go to the hospital.



**The risk of catching COVID-19 from someone with no symptoms is low.**

## What are the recommendations for everyone?

If you develop symptoms consistent with COVID-19 and have mild symptoms, you can stay home. Contact a healthcare provider, urgent care clinic or a local hospital by phone to see if you should get tested.

If you have emergency warning signs including trouble breathing, persistent pain in the chest, and confusion, get medical attention immediately. Tell 911 that you may have COVID-19.

For general information contact:  
COVID-19 Hotline for  
Washington State  
1-800-525-0127 and press #

