

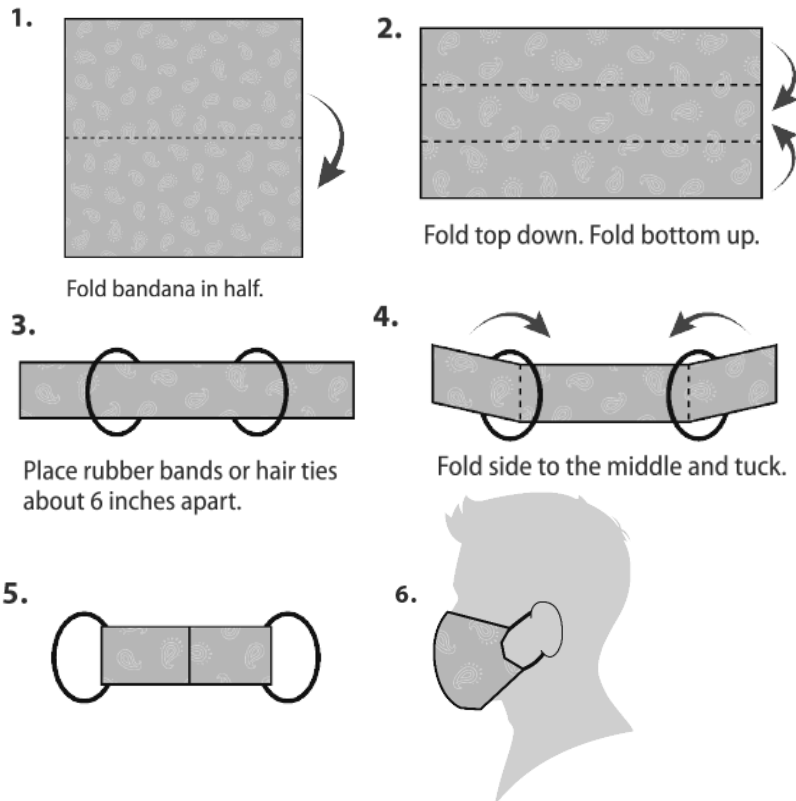
## PROTECTION FROM COVID-19

Materials for making a mask:

Bandana (or square cotton cloth approximately 20 inches by 20 inches)

Rubber bands, hair ties, long string, or strips of fabric

Steps for making a mask:



### Edited By:

Lucy Gleysteen

Seth Lamming

Suzy Subways

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**Prison Health News**  
**4722 Baltimore Ave.**  
**Philadelphia, PA 19143**

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# Prison Health News

Issue 42 Spring 2020



Tidings by Joe Vanderford

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### WHO WE ARE...

We are on the outside, but some of us were inside before and survived it. We're here to take your health questions seriously and make complicated health information understandable. We want to help you learn how to get better health care within your facility and how to get answers to your health questions. Be persistent—don't give up. Join us in our fight for the right to health care and health information.

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## WRITE AN ARTICLE OR SEND US YOUR ART!

Would you like to see your art, writing or poetry in *Prison Health News*?

If you want to write an article on something you think is important for prison health, send it and we will consider publishing it in *Prison Health News*. Tell us your story of struggling to receive quality health care, either for yourself or others. Do you have tips and tricks for staying healthy and taking care of yourself behind the walls that could be useful to others in the same position? You can also write us first to discuss ideas for articles. If you want your full name kept confidential, you can sign your article with your first name or "Anonymous."

Please keep in mind that we may make small changes to your article for length or clarity. For any major changes to your work, we will try to get in touch with you first. You can submit your work to this address:

**Prison Health News**  
4722 Baltimore Ave.  
Philadelphia, PA  
19143



Good people  
Sometimes make  
bad decisions.  
They mess up, and  
let others down. But  
that doesn't make  
them bad people.  
That makes them  
human.  
Every one of  
us makes mistakes.

### **Black and Pink**

6223 Maple St. #4600  
Omaha, NE 68104

An open family of LGBTQ prisoners and "free world" allies who support each other. Free newspaper and pen pal program for incarcerated LGBTQ people.

### **Men and Women in Prison Ministries**

10 W. 35th Street, 9th Floor  
Chicago, IL 60616

For those returning home to the Chicago area, they can answer questions about re-entry, faith, health, and other organizations that can help.

### **PEN Writing Program for Prisoners**

PEN American Center  
588 Broadway, Suite 303  
New York, NY 10012

Provides incarcerated people with skilled writing mentors and audiences for their work. Write to them for a free *Handbook for Writers in Prison*.

### **Hepatitis Education Project**

1621 South Jackson Street, Suite 201  
Seattle, WA 98144

Write to request info about viral hepatitis and how you can advocate for yourself to get the treatment you need.

### **Prison Legal News**

Monthly 72-page magazine on the rights of people in prison and recent court rulings. Sample issue: \$5, unused stamps are OK. Subscription: \$30/year.

### **Protecting Your Health & Safety: A Litigation Guide for Inmates**

325-page manual explains legal rights to health and safety in prison, and how to advocate for those rights when they are violated. A publication of the Southern Poverty Law Center. Make a \$16 check or money order out to *Prison Legal News*.

### **Prisoner Diabetes Handbook**

A 37-page handbook written by and for people in prison. Free for one copy.

### **Prisoners' Self Help Litigation Manual, 4th Edition**

928 pages, \$54.95. Clear, practical advice on the rights of people in prison related to conditions of confinement, civil liberties, procedural due process, the legal system, how to litigate, conducting effective legal research, and writing legal documents.

**Write to this  
address for the 4  
resources on the  
right:**

**PLN  
P.O. Box 1151  
Lake Worth, FL  
33460**

**Write to us** if you know about a great organization that is not yet listed here.

# Information and Support Resources

## Center for Health Justice

900 Avila Street #301  
Los Angeles, CA 90012  
Prison Hotline: 213-229-0979  
Free health (including HIV and mental health) hotline Monday to Friday, 8 a.m. to 3 p.m. Those being released to Los Angeles County can get help with health care and insurance.

## Prison Yoga Project

P.O. Box 415  
Bollinas, CA 94924  
Write to ask for a copy of the book, *Yoga: A Path for Healing and Recovery*, free of charge on request.

## POZ Magazine

212 West 35th Street, 8th Floor  
New York, NY 10001  
A lifestyle, treatment and advocacy magazine for people living with HIV/AIDS. Published 8 times a year. Free subscriptions to HIV-positive people in prison.

## Justice Now

1322 Webster St. #210  
Oakland, CA 94612  
For women, including trans women, in California prisons only. They provide legal services around women's healthcare access, assistance with compassionate release, and manuals for reproductive health and navigating the medical system for women in CA prisons. Their collect call line (for women in prison in CA) is 510-832-4357, 1 p.m. to 4 p.m., Tuesday-Friday.

## Jailhouse Lawyers' Handbook

c/o Center for Constitutional Rights  
666 Broadway, 7th Floor  
New York, NY 10012  
Write for a free copy of *The Jailhouse Lawyer's Handbook: How to Bring a Federal Lawsuit to Challenge Violations of Your Rights in Prison.*

## National Prisoner Resource Directory

Prison Activist Resource Center  
PO Box 70447  
Oakland, CA 94612  
Free 26-page national resource guide for people in prison. It contains contact information for other organizations that can provide free books and information on finding legal help, publications, resources for women and LGBT people, and more.

## SERO Project

P.O. Box 1233  
Milford, PA 18337  
A network of people with HIV and allies fighting inappropriate criminal prosecutions of people with HIV for nondisclosure of their HIV status, potential or perceived HIV exposure, or HIV transmission.

## Just Detention International

3325 Wilshire Blvd, #340  
Los Angeles, CA 90010  
If you have experienced sexual harm in custody, write to ask for their Survivor Packet, which includes a self-help guide for survivors and info on prisoners' rights and how to get help via mail and phone. Survivors can write via confidential, legal mail to Cynthia Totten, Attorney at Law, CA Attorney Reg. #199266 at the above address. Please note that they do not provide legal representation or counseling services.

# WHAT IS COVID-19?

BY MONÉT DAVIS AND LORIN JACKSON

*All information adapted from the Centers for Disease Control and Prevention at CDC.gov and the World Health Organization at who.int.*

## Defining COVID-19

The **coronavirus disease 2019** is a disease caused by a virus that was discovered in the Wuhan province of China in February 2019. It is abbreviated as **COVID-19** and often referred to as the "coronavirus," "corona," or "the 'rona." In **COVID-19**, the 'CO' stands for 'corona,' 'VI' for 'virus,' and 'D' for disease. The 19 is for the year 2019.

## Cause

The cause of the virus is called SARS-CoV-2. SARS-CoV-2 belongs to a family of viruses called **coronaviruses**, which are common in people and different animal species. The virus that causes COVID-19 is thought to spread mainly between people, when an infected person coughs or sneezes and an uninfected person breathes in the droplets that remain in the air. People can also be infected by touching surfaces, such as door knobs and handles, that have been exposed to the virus and then touching their eyes, mouth, or nose. Risk of spread increases when people are physically close to each other (within 6 feet). Many state and local governments have issued stay-at-home orders and encouraged everyone to practice **physical distancing**, or reducing physical contact with others and maintaining a distance of at least 6 feet. Health organizations are encouraging people to regularly wash their hands and disinfect surfaces.

## Symptoms and Treatment

Information about COVID-19 is constantly changing as we learn more. The most common symptom of COVID-19 is fever. People with COVID-19 have reported symptoms of mild to severe trouble breathing, cough, sore throat, shortness of breath, and unexplained loss of taste or smell. Some patients also experience gastrointestinal symptoms such as diarrhea and nausea. There is currently no vaccine to prevent COVID-19. Avoiding exposure is the best way to prevent catching the virus. Some people with COVID-19 do not show any symptoms, and can still spread the virus to other people. Those who catch COVID-19 can usually recover from the virus by properly treating symptoms with cold/flu medications, fluids, and rest. If your symptoms include a cough, fever, and/or difficulty breathing, seek medical advice. The earlier the virus is treated, the better.

## Mythbusting COVID-19

5G mobile networks did not create COVID-19, and these networks cannot spread the virus. People of all ages can be infected by the coronavirus. Older people and those with pre-existing medical conditions are more vulnerable than others. People of any ethnic background can contract the virus, and the virus should not be referred to as the "Chinese" virus; this is a global pandemic.

# WHAT'S UP WITH COVID-19?

## HERE'S THE SCOOP

BY LORIN JACKSON AND FRANKIE SNOW

### As of April 30:

- There are more than 3.25 million cases confirmed worldwide, with roughly a million incidents of recovery from the disease, and almost a quarter million have died.
- In the United States, there are about a million cases, with almost 130,000 recovered and more than 60,000 deaths.
- The United States has more recorded deaths than any other country. One possible reason is that there is not a coordinated national or regional effort to test people and track cases to contain outbreaks.
- Congregate settings, such as nursing homes, detention centers, prisons/jails, and homeless shelters are extremely vulnerable to massive outbreaks of COVID-19 and account for some of the spikes in cases. This is because it is difficult to properly quarantine and maintain physical distancing in these settings.
- As of mid-April 2020 in New York City, the NYC Department of Correction said that 369 inmates tested positive out of more than 3,900 in custody at Rikers Island and smaller facilities.
- As of April 29, more than 70% of people incarcerated in federal prisons who have been tested for COVID-19 had the virus.
- Chicago's Cook County Jail is one of the largest and most impacted jails. More than 800 people had tested positive by April 28, and it had one of the highest infection rates in the country. In April, activists held a two-day emergency bailout where more than 130 people were able to leave the jail.

### Lifestyle Changes

- The COVID-19 pandemic continues to halt economic and social activity on the outside. A pandemic is an outbreak of a disease that spreads across multiple countries or continents.
- Most states have shelter-in-place ordinances happening, as well as curfews that mandate people stay at home unless absolutely necessary (like grocery shopping or picking up meds).

Prisons have not been as quick to change policies and arrange for releases. But at least 20 states have taken measures to release people from prison, especially those nearing the end of their sentence, those charged with nonviolent offenses who “pose no threat to public safety,” and those held for technical probation or parole violations. Protest organizers are demanding the release of people who are at higher risk for severe illness if they get COVID-19, regardless of what they were convicted for.



Artwork by Molly Fair in collaboration with The People's Paper Co-op

## WE KEEP US SAFE: MUTUAL AID ACROSS THE WALLS

BY OLIVIA PANDOLFI

In the midst of the COVID-19 pandemic, people around the world are mobilizing to demand the release of incarcerated people. The prison system poses a legitimate public health threat because it is difficult to practice social distancing while incarcerated. As a result, the virus spreads quickly, usually after being introduced by a guard or other workers.

People with loved ones in prison and who want to abolish prisons have mounted phone zapping, letter-writing, tweet storming, and other campaigns to pressure officials to decrease the population of prisons and jails. These demands to release people often center aging, immune-compromised, and other vulnerable populations, but can extend to everyone. In many cities, car caravans or “drive-ins” have been organized to disrupt traffic and show support for decarceration measures while keeping participants safely distanced from one another in their cars. In these protests, people deck out their cars with signs and slogans such as #FreeThemAll4PublicHealth and #FreeOurPeople, naming local officials to demand action.

Another kind of action is the movement of money and resources. The Inside/Outside Soap Brigade and Survived and Punished NY are helping organizations around the country send soap and other essential supplies to incarcerated people, and other mutual aid networks are mobilizing in similar ways. Hundreds of bail funds in the National Bail Fund Network have posted bail for people to get out of jail, with New York City’s Emergency Release Fund focusing specifically on transgender, gender nonconforming, or intersex folks.

An online map of COVID-19 cases behind bars created by activist journalists tracks confirmed cases as well as potential cases reported by people inside. The map is on the internet at [COVID19BehindBars.com](https://COVID19BehindBars.com). The creators of this map are also planning to print and mail a newsletter for people in prison, with information on where COVID-19 outbreaks are happening in prisons, tips on protecting yourself from COVID-19, and hotlines to call if someone is sick in your facility. To request the newsletter, or to report possible cases of COVID-19 at your facility, write to Corcione Media LLC, P.O. Box 40062, Philadelphia, PA 19106.

People are taking important action from inside of prisons and immigrant detention centers, too. By mid-April, incarcerated people in at least eight states had begun hunger strikes to demand urgent action from the facilities where they’re held for cleaner conditions, better health care, and release. An estimated 3,000 incarcerated people across the country have participated in more than 75 protests, according to Perilous Chronicle, a digital media project. The majority of the hunger strikes have been in immigration detention centers, but inmates in Cook County Jail have also been refusing meals. Incarcerated people have also participated in protests, vigils, and actions held outside facilities’ doors by holding up signs to windows, making noise in concert with honking horns and shouting protesters outside, and recording phone messages about their experiences and stories that are played over speakers at mass actions.

Due to this pressure, people have been released from prisons, jails, and detention centers all over the country. As of mid-April, in at least 16 states, county jails have reduced their populations, some by as much as 30%.

- If folks do leave the house, they are to wear masks covering their nose and mouth—surgical face masks, bandanas, or scarves, for example. Many people are sewing or crafting their own face masks because companies that supply masks are out of stock and cannot create masks fast enough to supply the demand.
- K-12 schools and colleges are closed for the rest of the school year in many states. Some schools anticipate that next fall or even into next winter, they will be holding classes online.
- To reduce the risk of getting sick by going out in public places, lots of people are ordering essential items online. Delivery services (groceries, packages, etc.) are overwhelmed and often struggling to meet demand. Only essential businesses are allowed to be open and operate right now. These include grocery stores, some restaurants that deliver food, pharmacies, gas stations, laundromats, medical facilities, the post office, and hardware stores. If you do go out, the expectation is that you will wear a mask, practice good hygiene, and practice social distancing. Social distancing is the practice of leaving at least 6 feet between yourself and every person around you. Most stores and businesses are enforcing social distancing by limiting the number of people who can go in at a time.
- Shelter-in-place orders and recommendations to stay at home are in an effort to “Flatten the Curve.” The goal of this public health strategy is to slow the spread of COVID-19 and prevent a rapid spike in cases that will exceed the healthcare system’s capacity to care for patients. There have been more cases in New York City than any other city in the United States. The situation in New York City is grim; hospital systems have limited resources to care for everyone who is sick.
- COVID-19 disproportionately affects Black and Latinx communities, in both infection and death rates. The disparity is attributed to income inequality, inequities in healthcare access and disease prevention, and higher rates of infection in cities.
- In one month, 22 million people filed for unemployment because of layoffs and business failures. The unemployment rate in late April was estimated to be between 13% and 20%, though many underemployed people may not be captured in the data. The last time unemployment rates were this high was during the Great Depression.
- Over 31% of people in the U.S. could not pay rent in April, and rent strikes are being organized across the country.

# HOW TO PROTECT YOURSELF AND

## OTHERS FROM COVID-19

BY LORIN JACKSON AND FRANKIE SNOW

### **Handwashing**

Handwashing can help prevent the spread of COVID-19. Here are some tips for handwashing:

- Wash your hands with soap and water for at least 20 seconds.
- Make sure you rub all hand surfaces with soap, including thumbs, fingertips, and backs of hands.
- Dry with a paper towel if possible, and use that to turn the water off.
- Always wash your hands before and after eating, and after coughing, sneezing, blowing your nose, or being in a crowded area.
- If soap and water are not available, use hand sanitizer that contains 70% alcohol or more.
- It is believed that the virus enters the body through the eyes, nose, or mouth. Avoid touching your eyes, nose, and mouth with unwashed hands.

### **Coughing and Sneezing**

- Any time you cough or sneeze, try to cover your nose and mouth with a paper towel and immediately dispose of it, then wash your hands.
- If you don't have a napkin or paper towel, cover your mouth and nose with the crook of your elbow and sneeze.
- If you are wearing a mask, try your best to pull the mask down and sneeze into a paper towel, then put your mask back on and wash your hands.

### **Protective Gear**

*Tips for wearing a mask:*

- Wearing a cloth mask can help prevent the spread of COVID-19. The current recommendation is that everyone wear a mask at all times when around other people. This stops people from unknowingly giving the virus to others and helps protect people from exposing themselves to it.
- A mask should be removed if someone is experiencing difficulty breathing or is unconscious. Additionally, someone should not wear a mask if they cannot remove it on their own.
- For a mask to be effective, it should fully cover the nose and mouth and fit closely to the face.
- It's important to wash your hands after touching your mask or removing it.
- Masks should be washed after each use and dried completely before wearing again. If this is not possible, take your mask off as soon as you enter your cell, leave it near the entrance, and wash or sanitize your hands after removing.
- Wearing masks for hours every day can irritate your skin and cause sores. This usually happens where the straps are pressing against the skin. If this happens around your ears, place some gauze or a little bit of fabric from a T-shirt under the straps to protect your skin.

## PROMOTING MENTAL WELLNESS IN THE TIME OF CORONAVIRUS

BY ROSA FRIEDMAN

Being locked up is difficult enough under normal circumstances, and right now circumstances are far from normal. You may be experiencing a wide range of emotions, like loneliness due to lack of contact with peers and visits from loved ones, helplessness and anger at not being able to protect yourself, or numbness at the unrelenting nature of this crisis. You might shift dramatically between moods with little warning, or have more thoughts about or symptoms related to other traumatic experiences. Whatever you're feeling, remember there's no wrong way to react to what's happening. It's normal to feel ungrounded, helpless, or just "off" in such an unusual situation, one where there's so much uncertainty and powerlessness. It's also normal to feel extra calm, especially if you've been through a lot of crises before. What's important is to focus on what's within your control and to do what you can to care for yourself, mentally as well as physically. Here are some ways to practice self-care during this difficult time:

- Follow a routine. Try to go to bed and wake up at the same time each day. Make a schedule for yourself and stick to it. It will help you stay grounded and not feel too overwhelmed.
- Exercise. Movement stimulates chemicals that relieve stress and lift your mood, as well as keeping you physically healthy and enabling you to sleep better. Try the following exercises, with a 30-second break in between to catch your breath:
  - ♦ Squats (multiples of 5)
  - ♦ Push-ups (multiples of 5)
  - ♦ Jumping Jacks (20+)
  - ♦ Plank (1+ minutes)
  - ♦ Lunges (10+ each side)
  - ♦ Crunches/Sit-ups (multiples of 5)
  - ♦ Burpees (multiple of 5)
- Meditate. One practice called a body scan can be helpful for dealing with anxiety and other intense feelings. Sit with your eyes closed and make your inhaled and exhaled last the same amount of time. Starting at the top of your head, check in with each part of your body. Notice what feels comfortable and uncomfortable, whether there's tightness, heat, or other sensations. You're not trying to change anything, just notice it. If you get distracted, gently bring your focus back to where you left off without chastising yourself. Go through each part of your body, all the way to your toes.
- Write. This could mean journaling or writing letters to people on the outside. Writing about what you're feeling and experiencing can be a great release and a positive way to work through it. If you're feeling helpless, it might help to write to local news organizations about how the jail or prison where you're being held is dealing with coronavirus.

Don't beat yourself up if you struggle to follow this advice. It can be hard to find focus and motivation when you're dealing with such challenging circumstances. The most important self-care practice you can do is be kind and patient with yourself, so give yourself credit for whatever you try, no matter how small and insignificant it feels!



taken to the infirmary and can't call. Your loved one can also call medical staff, the warden, and deputy warden to politely ask what is being done to care for you, and call back to make sure they do it.

### Ways to Boost Your Immune System

McCarthy and other herbalists suggest trying these—some foods and spices may be available at commissary or from package companies, depending on your state and facility:

- Fruits and vegetables, including leafy greens and citrus fruits
- Canned sardines, mackerel, and oysters
- Fermented vegetables, such as sauerkraut or kimchi
- Ginger powder, cayenne powder, cinnamon powder, coconut oil, garlic powder, honey, lemon juice, oats, black pepper, and Italian seasoning, especially thyme
- Walking, which can help your immune system
- Not smoking
- Herbal tea, especially chamomile tea, to help with stress and insomnia
- Sleeping 9 to 12 hours a night—sleep helps clear out stress hormones and is the time the immune system is most active

Dr. Cohen recommends keeping a three-week supply of food in case you miss a commissary day due to lockdown. And, as our nurse friends remind us, laughter is still the best medicine.



Artwork by Michael Roberson

### The following may be at high risk for severe illness from COVID-19:

- People 65 and older—but people in prison may be at higher risk starting at age 50, since it's hard to live healthy inside
- People with chronic lung disease, diabetes, chronic kidney or liver disease, obesity, or moderate to severe asthma
- People who have serious heart conditions such as atrial fibrillation or uncontrolled high blood pressure
- People who have compromised immune systems, such as those with poorly controlled HIV or prolonged use of corticosteroids or other immune-weakening medications

If you are at higher risk of getting very sick from COVID-19, you should:

- Stock up on supplies you may need if you get sick and need to stay in your cell.
- Wash your hands often.
- Limit close contact, especially with people who are sick.
- Try to practice social distancing if you are able and avoid crowds.
- If you develop shortness of breath, it is an emergency and you need to be seen by a doctor.

### Sanitizing Surfaces

Research has shown that COVID-19 can remain on surfaces for hours to days. The following recommendations have been made by the CDC in order to keep your living environment as clean and safe as possible:

- Disinfectants (including: diluted bleach, alcohol solutions with at least 70% alcohol, hydrogen peroxide, Clorox, Lysol) should be used daily to clean high-touch surfaces, such as tables, doorknobs, light switches, toilets, faucets, and sinks.
- If possible, it is best to wear gloves while cleaning and wash one's hands immediately after cleaning or removing gloves.
- For hard (non-porous) surfaces: Diluted bleach can be used to prevent the spread of the virus. It must have a contact time of 1 minute. To prepare a bleach solution, mix 5 tablespoons (1/3rd cup) bleach per gallon of water, or 4 teaspoons bleach per quart of water.
- Follow the directions of the specific product to determine if it should be diluted and the best application method.
- Shared bathrooms should be cleaned and disinfected as frequently as possible, especially in circumstances where a person who shares the bathroom is showing signs of illness.
- While it is unknown how long air inside a room occupied by a sick person is potentially infectious, it is best to improve ventilation as much as possible to decrease the time that respiratory droplets remain in the air.
- For clothing:
  - Clothing of someone who is sick can be washed with other people's items.
  - Wear gloves when laundering items for someone who is sick and throw away gloves after they've been used.
  - Don't shake dirty laundry—try to minimize the spread of the virus in the air.
  - Launder items in the warmest possible temperature and dry it completely.
  - Always wash hands after wearing gloves or after cleaning with bare hands.

## IF YOU'RE HAVING SYMPTOMS OF COVID-19

BY SUZY SUBWAYS

Most people with COVID-19 have no symptoms, or their symptoms are mild. But some have:

- Cough
- Fever
- Tiredness
- Shortness of breath
- Difficulty breathing, in severe cases

In an article for Prison Legal News, Michael D. Cohen, M.D., explains that people in prison who are over 50 may be at higher risk for severe symptoms. There is currently no vaccine or cure for COVID-19. Scientists have started testing some possible medicines, but they don't know if these will work yet. It's important to ignore rumors and just get health information from reliable sources like the Centers for Disease Control and Prevention (CDC) and World Health Organization.

### **What to Do If You Get Sick**

Dr. Cohen writes that people who are mildly ill should stay in their cells as much as possible during their illness and wear a mask if possible. If you feel short of breath, pain or pressure in your chest, confusion or excessive sleepiness, or your lips, face, or fingertips look blue, you need prompt medical care. You may need to go to the hospital and receive oxygen.

"Please keep an eye on the people in your unit who are sick in their cells," Dr. Cohen urges. "If they develop shortness of breath or worsen in any way, they need access to the clinic for further medical evaluation."

### **Some Tips for Mild Symptoms**

- Mild symptoms can include fever, cough, and sore throat.
- Take tylenol (also called acetaminophen) for fever or body aches.
- Gargle warm salt water (about a quarter spoonful or generous pinch of salt in a regular cup) when you wake up and before you go to bed for sore throat.
- Use cough drops or drink tea or other warm beverages for cough.
- Stay hydrated by drinking water.
- Vapor rub from commissary can help cough and congestion.
- If you are congested, breathe deeply and cough forcefully to get the mucus out of your lungs at least a few times every hour while you're awake.
- Make sure you get up and move around a little bit every few hours during the day, even if you are fatigued and just want to sleep.
- Try to eat balanced meals at mealtimes, even if you do not feel hungry.
- Get at least 7 hours of uninterrupted sleep every night.

### **Exercises to Make Your Lungs Stronger**

An exercise described by Dr. Sarfaraz Munshi and nurse Sue Elliott from Queen's Hospital in London may help get air into the bases of your lungs, in order to prevent pneumonia. You can do it several times a day, as soon as symptoms start.

- Lie on your back and take 5 deep breaths.
- Hold each breath for 5 seconds and release it.
- At the end of the 6th breath, give a big cough (covering your mouth).
- Repeat the steps above so you have done everything twice.
- Lie on your stomach and take slightly deeper than normal breaths for 10 minutes.
- Most of the lung is in the back, and lying on your stomach allows you to more fully inflate your lungs, so try not to spend all of your time lying on your back.

### **Respiratory Steam**

Philadelphia herbal medicine practitioner Kelly McCarthy recommends doing a respiratory steam. You can do this with just hot water. This can help to clear out mucus or a dry cough, or if you have a lower respiratory condition in your lungs.

How to do this: Place just-boiled water in a bowl, put your face over the bowl, put a towel over your head to create a mini sauna around your face, and breathe in deeply. Take care not to burn yourself with the steam.

Ideally, McCarthy recommends using herbs like rosemary, thyme, sage, oregano, lavender, chamomile, mint, or eucalyptus, if you can get any of these. If you do, place 2 tablespoons of dried or fresh herbs in a large bowl, add just-boiled water, and follow the instructions above.

### **Call the COVID-19 Hotline**

The COVID-19 Prison Hotline is 410-449-7140, for incarcerated or detained people to call when they have coronavirus symptoms, when there's an outbreak in their unit, or when they are being denied adequate medical care for coronavirus. The Incarcerated Workers Organizing Committee and Fight Toxic Prisons, the groups that set up the hotline, announced: "We want to know where and when there is an outbreak, so that we can help mobilize support networks and media to lift up the demands of people on the inside."

### **Ask for Help from Loved Ones Outside**

If you have a loved one on the outside who can support your health, make sure to sign the form giving them access to your health information. If you get sick or are denied treatment, keep notes and paperwork on everything. Give your loved one the name of a friend in your facility, and ask that person to call your loved one on the outside if your symptoms become worse or if you are