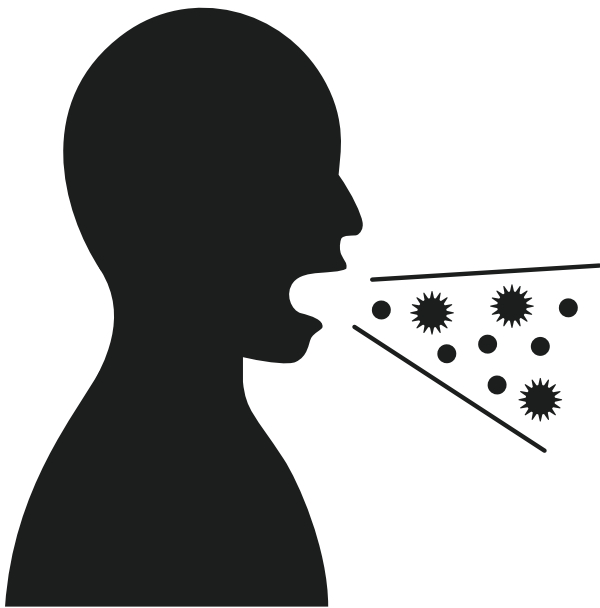# How to protect yourself against Coronavirus (COVID-19)

**COVID-19 can be spread from person to person in a number of ways such as:**

- Small droplets in the air from coughing or sneezing

- Direct contact with another person

Surfaces and belongings can also be contaminated with COVID-19 when people with the infection cough or sneeze and then touch them.

People with COVID-19 can infect others from around 2 days before their symptoms start, and for up to 10 days after. They can pass the infection to others, even if they only have mild symptoms or no symptoms at all.

The risk of spreading the virus is greatest when people are close to each other, especially in indoor spaces which are difficult to ventilate like prisons.
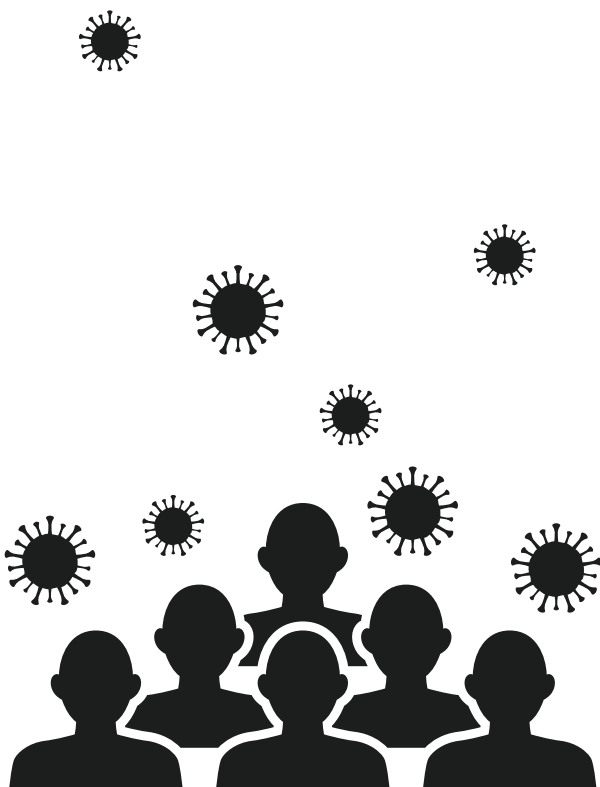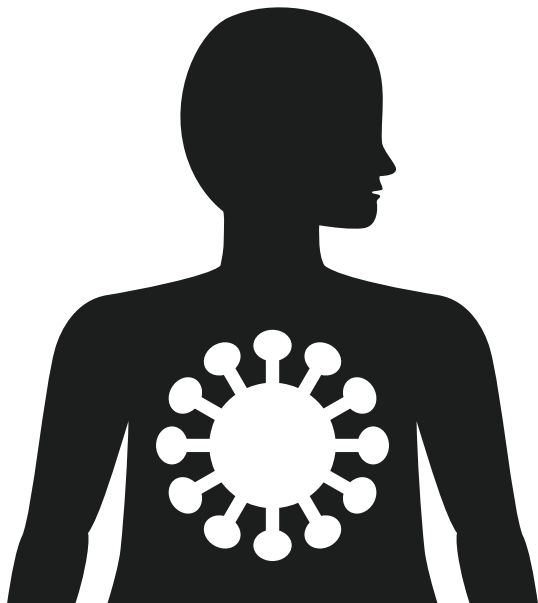
You can protect yourself and others by:

- Regularly washing your hands

- Keeping your distance from others where possible

- Throwing the tissue away after blowing your nose.

- Using a tissue when you cough or sneeze and then throwing it away. if you don't have a tissue, cough or sneeze into the crook of your elbow.

- Cleaning all surfaces in your room

- Not sharing items such as cups, plates, pencils, pens, toiletries, vapes etc with your fellow residents

We know that it is common in prisons to swap and share belongings but, at the moment, you could be sharing more than you intended.

If you are offered something from someone else, please don't accept it, and please don't share your property with others. Even if people look well, they can still be positive for COVID–19 and could still pass on the virus to someone else.