



CALIFORNIA DEPARTMENT of  
**CORRECTIONS AND  
REHABILITATION**

**CALIFORNIA  
PRISON HEALTH  
CARE SERVICES**



## IMPORTANT: Anti-H1N1 Precautions for All Visitors

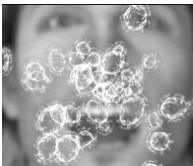
California Prison Health Care Services has recommended that the California Department of Corrections and Rehabilitation reopen visitation at all State correctional facilities. However, in order to protect the health of the visitors, the general public in the outside community, the inmates, and the staff, **you are strongly urged to follow these precautions:**

- 1) Be aware that you will be screened for symptoms and **you may not be allowed to enter**. Please do not attempt to visit a State Prison if you have any of these symptoms:



- A) Fever,
- B) Cough,
- C) Sore Throat,
- D) Runny Nose.

- 2) Be aware that one of the most common ways that the H1N1 virus is transmitted is through hand contact. **Please wash your hands** before entering the institution. (If available, alcohol-based hand sanitizers are also effective.)



- 3) Be aware that the **H1N1 virus can live on hard surfaces for a couple of hours** if an infected person has coughed onto it or has touched it after coughing into their hands.

- 4) If you have the urge to cough once inside the institution, please **cough into your sleeve**. If you use a tissue, throw it in the trash.



- 5) **Avoid touching your eyes nose or mouth** unless you have just washed your hands.

- 6) **Wash your hands as soon as possible after leaving** the institution you are visiting (or any other public place.)