

How can you contribute to stopping the virus?

The Corona virus is highly contagious and can cause serious illness, which in some cases may result in death. We cannot always know who might infect others. That is why it is important that everyone contributes and does what they can to stop the virus from spreading.

This is why we ask you to:

- Wash your hands thoroughly with soap and water – especially after you have been to the toilet, before meals and after you have been out or in contact with others.
- Use a disinfectant («Antibac») when you do not have access to soap and water.
- When coughing or sneezing, use a paper handkerchief and throw it away immediately. If you have no paper at hand, use the inside of your elbow.
- Do not shake hands or hug anybody.
- Keep yourself at a distance of 1 – 2 metres from others.

What to do if you get ill?

If you have symptoms indicating an infection of the respiratory tract like fever, coughing, shortness of breath and a general feeling of being ill, ask to speak to the prison's health staff. Every prison has a plan for keeping infected prisoners apart from others and providing health care on the spot.

Advice

In order to make the best of this situation we would like to encourage everyone to show empathy with others and:

- Say yes to activities when offered.
- Talk to others.
- Use the opportunity to get some fresh air every day.

If you have any questions or you want additional information, you can ask prison staff.



THE NORWEGIAN
CORRECTIONAL SERVICE

The information in this brochure is no longer valid as of 18 May 2020 due to adjustments in the measures.

Information to inmates

Covid-19

🇬🇧 Engelsk versjon



To all inmates

In order to contain the spreading of the Coronavirus, the Correctional Service has needed to introduce various measures and limitations. We regret to inform that these measures are absolutely necessary and they will continue to be used in the near future. We are following the guidelines from the national health authorities and we understand that this is a challenging situation for many.

Limitations

It will still not be possible to receive visits from relatives or friends, and there will be no opportunity for going on leave either. Escorted leave may be considered in highly specific cases. The prison management will decide in individual cases whether escorted leave will be allowed.

Release before expected date

Some inmates may be released before their sentence has expired:

- Those with a sentence less than 90 days may be released 10 days before their expected release.
- Those with a sentence of 90 days or more may be released 20 days before their expected release.
- Those with a sentence of 6 months or more may be released 30 days before their expected release.

This measure has been temporarily introduced in order to reduce the occupancy rate, so that possible outbreaks of the virus can be contained. Changes may be made dependent on the situation concerning the general prison occupancy rate and the state of contamination in the broader society.

Phone time

You will be given the opportunity to stay in touch with your relatives by telephone. Phone time will be extended because you cannot receive visitors or go on leave. The prison management will decide how much extra phone time you will get in the current situation. Some prisons cannot provide more than 10 minutes extra phone time per week, others may be able to provide more. All phone calls are free of charge during this period.

Video meetings

All prisons are now able to offer video meetings as an alternative to visits. A security assessment will be made in the same way as it is done for usual, physical visits. Video can also be used for conversations with lawyers, for communication with the police or the prosecution and for court meetings on continuation of custody or on treatment of your case to the extent that the court requests this. In addition, contact with the Mediation Service, administrative organisations like NAV (the Norwegian employment and social services organisation) or voluntary organisations may also be conducted by video.

An information line for relatives

The Correctional Service has established a telephone line for relatives of inmates in order to provide them with information and support during the Corona crisis. Its purpose is to reassure relatives by giving general information about the measures taken by the Correctional Service to stop the spreading of the Coronavirus in prison, to explain what these measures mean for inmates and, importantly, to give relatives an opportunity to talk to someone in a difficult time.

The number for this line is 404 388 88.

Opening hours are every day between 9.00 - 15.00.

Activities

Most prisons have reduced or closed down activities concerning work and education. There is a considerably lower level of activity in prison now, and what remains will be done in small groups. Prison staff will try their best to arrange for certain activities and to find something for you to do every day. The Correctional Service is discussing opportunities for remote education or gradually increasing educational opportunities in prison with the school authorities.

Contact with visiting services and voluntary organizations

If you should want this, a staff member can order a telephone call with a visitor from The Red Cross visiting service or other voluntary organizations, as long as the overall telephone capacity in the prison allows it.