

COVID-19 Update
San Quentin State Prison
East Block / Death Row

1 of 3

3-25-20

Revolutionary Greetings!

As of today's date there has been no reports of any prisoners at San Quentin having tested positive for Coronavirus. Personally, I find that hard to believe. I find that hard to believe because I spoke with several prisoners who were placed under forced quarantine about a month ago, and they all described having a near death experience.

These prisoners complained of having a cough, fever, fatigue and shortness of breath. They were rounded up and thrown in the "Hole" for five days under the guise of quarantine. They stated that medical staff downplayed the severity of their illness and told them that it was just a simple "flu."

I personally heard and observed one of my neighbors suffering and complaining of Coronavirus symptoms for several days. After several days of coughing, sneezing and complaining medical staff finally made an appearance.

I instead of taking the prisoner to be examined in the privacy of a medical examination room, he was tended to at his cell front.

A correctional officer and a medical technical assistant (MTA) went to his cell and asked him to come to the bars. I stuck my plastic mirror out of my cell front so that I could observe what was taking place out on the tier. The officer unlocked the prisoner's tray slot and opened it up. The MTA handed the prisoner a long swab and instructed him to stick it all the way up his nostril.

As the prisoner did this he began to gag and cough. The MTA, who was wearing a mask, asked the officer if she had one to put on? She responded that she did not, and she then took several steps back to avoid the spray of the cough. The following day, my neighbor was taken to the "Hole" and placed on quarantine.

It appears that my neighbor was suffering from the Coronavirus and that he was given a Covid-19 test, medical staff claims different.

When these prisoners tell me that they were sick, unable to breathe properly and they felt as if they were going to die, I believe them! When they say that Covid-19 results in San Quentin are being downplayed and falsified, I believe them!

Lastly, I find it odd that after my neighbor returned from five days of quarantine, and being told that it was just a flu and that he is just fine, they pulled him out the other day to check his lungs.

Prisons and jails are notorious for having inadequate medical care, and I can attest to that. I just hope that no prisoners have to die as a result of it.

Covid-19 brings a whole lot of uncertainty. Pray for us, as we pray for you.

In Solidarity,
Tim Young

Who is at Higher Risk for Serious Illness from COVID-19?

Early information out of China, where COVID-19 first started, shows that some people are at higher risk of getting very sick from this illness. This includes:

- Older adults (65+)
- Individuals with compromised immune systems
- Individuals who have serious chronic medical conditions like:
 - Heart disease
 - Diabetes
 - Lung disease

If you are at higher risk for serious illness from COVID-19 because of your age or health condition, it is important for you to take actions to reduce your risk of getting sick with the disease, including:

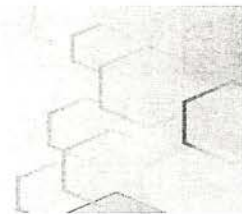
- Isolate at home and practice social distancing.
- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.
- Avoiding touching eyes, nose or mouth with unwashed hands.
- Avoid close contact with people who are sick, and stay away from large gatherings and crowds.
- Consider ways of getting food brought to your house through family, social, or commercial networks.



COVID-19 UPDATES

(Coronavirus Disease 2019)

cdph.ca.gov/covid19



To San Quentin's older inmates:

Due to the Corona virus, we are encouraging you **strongly** to self-quarantine for the near future. As you know, this virus is spread by human interaction. The less interaction you have with others, the better your chances are of not getting it. We encourage you to **NOT** go to yard, to **NOT** go to visits.

Reminders:

Hygiene. As much as possible keep your cell clean and wash your hands frequently. This virus does not like soap.

Distance: If you are in a position of being with others, keep a distance of at least 6 feet.

Health: Keep an eye on your health. If you have any symptoms of fever, cough, or shortness of breath **LET SOMEONE KNOW AS SOON AS POSSIBLE.** This may be a med pass nurse, a CO, or anyone on the tiers. The message will get relayed to the clinic.

We will get through this **together.**

Thank you.