

Codington
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Thanx for care-pk!! You
want to fix germ spread in prison's
Indoor-air used to be freshened by gun-
-rail doors being opened as needed in
~~San Quentin~~ E-blocks. Some boss(not
even here now) took keys away as %'s
may've taken smoke break outside" when
tobacco was allowed, but "desert-port" not!
So now excess heat & re-breathed burps,
farts, lots kinds of toxic cleaners
weaken staff & inmates. Germs grow
more in heat, in cube. E-block's average
18° to 25° hotter in than outside. Day
& night can be 40°-50° out, 78 to 88° in!!

Sleep deprived = less immunity, Heat stress
& indoor air-pollution more stress. Germs
in hot stale air S.Q. had in past & some
now that can add to COVID risk:

Staph (MRSA, VRSA other strains) strep.
flu, pseudomonas, E. coli (many types)
Listeria Norovirus, Legionnaires,
Shigella, Tuberculosis!! Tell Gov
Newsom, his staff, CDCR Head tell Feds,
Black mold too grows in heat + humid stale air.

ge someone to re-start policy
of open gym-doors as needed, not
just to change shifts.

② Get 'em to fill all "walk-alone" cage
yards, not just a few per day. They
only let one side of ~~E~~ block out
per day = sense for group-yards as
"social distance" thinning. But single
person yards no sense to be empty,
~~&~~ such alone inmates get less yard
time & days, but need more even in
non-Covid-19 days. More folks out =
more fresh germ-less air in. No
windows open in ~~E~~-blocks, doors open,
people in & out is only way even a bit
air freshens. Brutal heat + indoor air =
such stress-ills, staff & inmates costs
rise lots for blood-pressure meds, diabetes
meds, cancer meds even. You pay \$.

Spread info! Cut costs & germs.