

When a Screen session is detached, the processes that were running inside it aren't stopped. You can re-attach a detached session by typing
screen -r

Virtual terminals in Screen can be manipulated by pressing the Ctrl+A key combination, and subsequently pressing a key to execute one of the commands given below:

Screen key bindings			
Command key: ^A		Literal ^A: a	
break	^B b	other	^A
clear	C	pow_break	B
colon	:	pow_detach	D
copy	^[[prev	^H ^P p ^?
detach	^D d	quit	\
digraph	^V	readbuf	<
displays	*	redisplay	^L l
dumftermcap	.	remove	X
fit	F	removebuf	=
flow	^F f	reset	Z
focus	^I	screen	^C c
hardcopy	h	select	'
help	?	silence	_
history	{ }	split	~
info	i	suspend	^Z z
kill	K k	time	^T t
lastmsg	^M m	title	A
license	,	vbell	^G
lockscreen	^X x	version	v
log	H	width	W
login	L	windows	^W w
meta	a	wrap	^R r
monitor	M	writebuf	>
next	^@ ^N sp n	xoff	^S s
number	N	xon	^Q q
only	Q		

" windowlist -b

I login on

- select -

O login off

0 select 0

| split -v