

Don't panic! You can protect yourself!

Information regarding HIV and hepatitis C for people **in prison**



Deutsche
AIDS-Hilfe e.V.

Sex

FUCK



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PREFACE

In prison you live with many people in the smallest space. You work and eat with other prisoners, meet them during yard exercise, recreation, sports and other spare time activities. And if you live in a communal cell, then you will have somebody around for the rest of the day as well. Where it is crowded like that, easily transmitted diseases such as e.g. the flu are naturally passed on more often – this can already happen during all kind of day-to-day interactions. This is completely different with the HIV infection and hepatitis C, as these diseases are only transmitted in certain, clearly defined ways. However, many prisoners are not or wrongly informed and fear danger of infections in situations, where it is none. Unjustified fear can stress the cohabitation in prison quite a bit – especially prisoners, who are infected with HIV or hepatitis C or who are believed to be infected, have to suffer from that. Moreover, who is not informed, cannot protect oneself in situations, where real risks are present.

This brochure will provide you with the most important information about HIV and hepatitis C. Based on questions which prisoners frequently ask, you can look up where **no dangers of infection** exist. Subsequently, the brochure will tell you where real risks of infection are present and how you can protect yourself and others. Next, it will summarize the most important facts regarding HIV/AIDS and hepatitis. At the end of the brochure you can find where to get advice and further information.

People with HIV or hepatitis C keep this knowledge often to themselves – especially in prison, as here open handling is even more difficult than „outside“. Therefore, it is usually not known, who is infected and who is not. But you do not really need to know that, as you cannot get infected in day-to-day life anyway and you can protect yourself in risky situations. If you are afraid anyway, then you should seek advice – this is also possible in prison and can help you to get rid of your fear.



more

WHAT I ALWAYS WANTED TO KNOW ...

In the following we are going to address questions, which are asked by prisoners over and over again: They mainly concern situations, where no danger of infection with HIV or hepatitis C exists. However, sometimes other risks exist, you might not even be aware of. Therefore, it might be helpful to read the questions and answers a counselor would give, even if you are well informed about HIV and hepatitis C.

DON'T AGONIZE!

HIV is very sensitive and belongs to the pathogens which are difficult to transmit. The hepatitis C virus (HCV) is indeed more resistant, but as in the case of HIV, common hygienic measures (e.g. at the doctor or the dentist) are sufficient to render the virus harmless. Besides that, HIV and HCV are not passed on by saliva, nasal discharge, sweat, tears, feces and urine. Therefore, no danger of infection exists during handshakes, hugging, stroking / coughing or sneezing at somebody / eating of meals from the prison kitchen / the use of the same plates, glasses and cutlery / joint use of towels and bedding / the use of washrooms, showers and toilets / sports and other shared spare time activities / joint working in the workshop / cohabitation in communal cells / doctor and dentist visits.

HIV and HCV are neither transmitted by kissing nor insects or other animals.

Especially during winter time, when everybody here is coughing and sneezing, I am afraid that I will get something. How about HIV and hepatitis C?

You cannot get any of them, if somebody coughs or sneezes at you, but you can contract a runny nose, a common cold or the flu. Close cohabitation, poorly ventilated rooms and lack of exercise – all of these can reduce the body's defenses especially in the cold and wet time of the year. Therefore, mutual consideration is called for: Cover your mouth and nose if you have to cough and sneeze and turn away (instead of coughing somebody into his face), blow your nose using tissues (instead of your fingers or blowing on the ground) and dispose of them after use (instead of letting them lay around). In addition, you can discuss with the prison doctor, whether getting the flu shot makes sense.




They say that you cannot infect yourself with HIV or hepatitis C, when you shake somebody's hand. But what if the other person has small injuries, skin diseases, warts or similar?

In this case no danger of infection exists either. Therefore, you don't need to worry when you shake somebody's hand or hug or stroke another prisoner. For skin diseases the prison doctor should of course be consulted: Timely treatment can prevent that they get worse or that fungus or bacteria enter the open skin.

WHAT I ALWAYS WANTED TO KNOW ...

Some people say that you can contract HIV from kissing. Is this true?

No, with regard to HIV kissing is completely safe. You cannot contract the hepatitis C virus this way either. However, you can contract hepatitis B and especially easily herpes. By the way: Herpes at the mouth can be passed on during sex to the partner's genital area (for herpes see page 17).



Bitte verlassen Sie diesen Raum so,
wie Sie ihn vorfinden möchten. Danke!

Please leave this room in the state
in which you would like to find it. Thank you!

Veuillez quitter cette pièce dans l'état dans
lequel vous la trouvez. Merci!


Vogliate lasciare questo posto nello stato in
cui lo vorreste trovare. Grazie!

I am sharing a cell with three people. If one of them has HIV or Hep C, can I contract it, when I use the toilet? It does look pretty gross there from time to time ...

You cannot contract HIV or hepatitis C when you use the toilet, even if it is extremely soiled with feces. But if you do not wash your hands afterwards, you can contract other diseases which end up „from the hand into the mouth“, such as e.g. hepatitis A or amoebic dysentery. Besides that: a soiled toilet does not look nice, nor it is a pleasure to use it. Therefore, everybody should leave the toilet as he would like to find it by himself – a simple rule, which is easy to follow. Daily cleaning of the toilet with adequate cleaning agents is of course part of hygiene as well. Agreements with the prison staff can ensure availability of such at all times.

Who knows what is on towels – spit, saliva... There might even be blood, e.g. if somebody cuts himself shaving. What happens, if I dry myself with it?

Regarding HIV and hepatitis C nothing is going to happen. Nevertheless, you should not share towels – especially when they are dirty – because this is simply unhygienic and you can contract e.g. lice or itch mites. Private towels, in other words towels brought by visitors or yourself, are not permitted in most prisons. But they are also not really necessary, as facility towels – as well as the other laundry – are always thoroughly washed. In multiple-occupancy cells it should be observed that everybody has their own space for their towels and other toiletries.



Sometimes brawls erupt here, where some blood might be spilled. Is it possible to contract HIV or hepatitis C from that?

Although HIV and hepatitis C viruses are in the blood of infected people, there has not been a known case yet, where somebody infected himself during a brawl. In order for an infection to actually occur, many unhappy circumstances would have to coincide. Therefore, an infection is only theoretically possible. However, in reality it is extremely unlikely. In case of injuries you should report to the medical service though, so that injuries can be professionally treated. If violent conflicts or dangerous situations occur more frequently, then it must be discussed with facility management, how to prevent them or if e.g. a transfer to a different section makes sense.

WHAT I ALWAYS WANTED TO KNOW ...

Can I get infected by mosquitoes or parasites?

Some newspapers claim that.

HIV and HCV cannot be transmitted by insects (e.g. mosquitoes, bees, wasps) or other nuisances such as lice or itch mites – even if headlines claim the opposite. If this transmission path would exist, then worldwide all sections of the population would be affected by HIV and HCV (which is not the case), and these infections would be spread much further.

So, do not panic, if you get stung, pinched or bitten! However, if you scratch the affected locations all the time, then inflammations due to entering bacteria may occur. This happens especially for infestations with lice or itch mites. You should make sure to get rid of them as soon as possible. Remedies against lice and mites can be obtained from the medical service.



I read once that you should always use your own cutlery. This is not possible at all in prison. Can I get infected?

Do not worry, joint use of cutlery as well as of dishes and drinking glasses is completely risk-free. The rule „Always use your own set“ only applies to syringes/needles for drug use: If a needle is used by several people, the risk of infection with HIV or hepatitis C, as well as hepatitis B and other infections is extremely high (see also page 21).



If a prisoner with HIV or hepatitis C works in the kitchen and cuts himself while preparing the meals, can I contract the diseases via the food?

No, you cannot get infected like this. Due to that, kitchen personnel of restaurants, hotels, takeaway places on the “outside” are not tested for these infections. In some correctional facilities prisoners are tested before they are employed in the kitchen. In case of a positive test result they are excluded from working there. Prison doctor and prison staff of course know, that infected kitchen personnel do not present any danger, even if somebody cuts himself from time to time. Facility management only uses this measure to prevent fear and panic, as prisoners often believe that they can get infected via the food. An exclusion from kitchen duty due to HIV or hepatitis C is neither necessary nor justified. Prisons should ensure good education of the prisoners instead.

The general rule is: Who works in the kitchen, whether HIV or HCV infected or not, should comply with the hygienic rules. The most important thing is to wash your hands, e.g. after using the toilet or before preparing a meal.

WHAT I ALWAYS WANTED TO KNOW ...

Among others I am responsible for cleaning the showers and the toilets. If I do not wear protective gloves, can I get infected by e.g. blood, feces or vomit?

This way, you cannot infect yourself with HIV or hepatitis C. Despite that you should observe appropriate hygienic rules for such cleaning activities, to which wearing of protective gloves belongs: With that you can prevent infection with other diseases such as e.g. hepatitis A and B (you can get vaccinated against hepatitis A and B, see page 25). If no protective gloves are available, then please ask the prison staff to provide them.

*I work at a workbench, smaller injuries belong to my „trade“.
How about the HIV and hepatitis C risk there?*

There is no known case of anybody, who was infected with HIV or hepatitis while working at a workbench or similar – neither in prison nor „outside“. So far work-related infections have only occurred among medical personnel, namely by needle-stick injuries on syringes, which contained residual blood of infected patients.

Of course, smaller wounds (so-called bagatelle injuries) should immediately be cleaned and covered with a plaster, in order to prevent inflammations due to contamination. In general, each injury which was suffered during work must be entered into the „first aid log“ (can be found in the first aid kit). After a work-related accident you should seek help from the medical service or an occupational physician. The accident is then reported to the accident prevention and insurance association, which will bear treatment costs and advocate for possible consequential damage. If work-related injuries occur frequently, then the “occupational health and safety and accident prevention regulations” should be consulted: It might be necessary to change operating procedures to reduce the risk of injuries.

A dentist is visiting once a week, who treats everybody and most certainly does not know, who is infected with HIV or hepatitis C and who is not. Can I get infected via the drill or other instruments?

No, in principle the dentist uses for each patient a new drill and instruments which afterwards are properly sterilized. Hereby is ensured that nobody is infected with HIV and hepatitis C or any other diseases. Therefore, the dentist does not need to know which patients are infected.



WHAT I ALWAYS WANTED TO KNOW ...

In case somebody faints and the paramedic is not available, I must administer first aid. Do I have to give artificial respiration, if necessary? I might get infected doing that ...

As HIV and hepatitis C are not transmitted with saliva, nasal discharge or vomit, mouth-to-mouth respiration or mouth-to-nose respiration is in general completely harmless. A minor risk only exists, if there is blood in the mouth and nose area of the unconscious person. However, this residual risk must be disregarded. Therefore, you should not hesitate to administer an essential respiration. In emergencies you are obligated by law to administer help, unless you considerably endanger yourself ("failure to render assistance", § 323c Criminal Code) – which for respiration is not the case. Nevertheless, if blood entered your mouth or eyes, then you should seek medical attention from the prison doctor, so that he can decide, whether a risk of infection did exist (meaning, if the person receiving respiration is infected with HIV or HCV) and which further measures make sense.

The best is to use an emergency respiration cloth or bag valve mask, if something like this is immediately available. Such resources (the most cost-effective articles cost approx. 1 Euro) are mostly available at the stations or sections. Otherwise you can contact the prisoner representation and ask them to support the procurement. Of course, the proper conduct in emergency situations should be practiced, so that knowledgeable helpers will be available, if worst comes to worst.



YOU CAN PROTECT YOURSELF AND OTHERS!

HIV can be mainly found in **blood** and **semen**, but also in **vaginal fluid** and breast milk of infected people. In contrast, the hepatitis C virus (HCV) is in the **blood**. Therefore, a transmission is only possible in certain ways, mainly by

- sex without condom
- sharing needles/syringes and accessories when consuming drugs
- tattooing and piercing with non-sterile instruments.

HCV can also be transmitted when toothbrushes, razors, nail scissors and clippers are shared, however HIV cannot.

In the following you can find the most important information regarding transmission paths and protection possibilities:

SEX

HIV is most frequently transmitted during sex, HCV in contrast rather seldom. Risk of infection exists, if blood – also menstrual blood – or sperm of an infected person enters the partner's body or if mucous membrane (on the penis, in the bowel, and in the vagina) gets in contact with HIV-infected mucous membrane of the partner.

HIV and HCV (but also hepatitis B and diseases such as gonorrhea and syphilis) can be contracted

- during **anal sex without** condom. Here not only the „passive“ (receiving) partner (man or woman), but also the „active“ (inserting) partner can be infected. Both partners are endangered, even if the man does not ejaculate inside the body of his partner.
- during **vaginal sex without condom**. There the woman as well as the man can be infected. For the man the risk is higher, if the woman is menstruating.
- if blood (also menstrual blood) or semen enters the mouth, eyes or other body orifices or fresh wounds, or is swallowed (e.g. during oral sex).

The risk of infection is especially high, if one of the partners has a sexually transmitted disease such as syphilis, gonorrhea or herpes. Such diseases cause wounds, which are used by HIV or HCV as „gates“ to get from one body to the other.

In prison, as well as on day parole and prison leave, and after release from prison it is therefore important that you protect yourself and your partners during sex, in fact with safer sex. The use of condoms plays the most important role in that.

SAFER
USE

I ❤️
SAFER
SEX

CONDOMS
PROTECT!

YOU CAN PROTECT YOURSELF AND OTHERS!

Safer sex means:

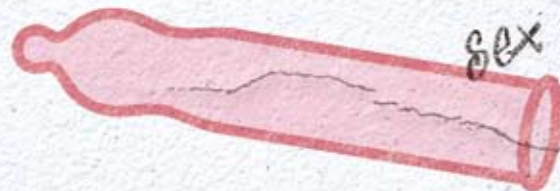
- **Anal and vaginal intercourse only with condom.** For anal intercourse apply a grease-free lubricant on the condom (not into the condom, otherwise it will slip off or rip), so that the penis can glide better and the condom does not rip due to friction. For vaginal sex a lubricant makes sense as well, especially if the woman is „too dry“. Do not use lubricants containing fat, such as oil, butter, Vaseline or lotion, they make the condom porous, and then they do not protect anymore! Do not use two condoms on top of each other: They will rub against each other and then rip. For sex with multiple partners use a new condom for each partner.
- During **oral sex** („cock sucking“) do not ejaculate into the mouth, but pull out before you finish! You can also use a condom during oral sex, they protect in addition against other sexually transmitted diseases.
- When **licking the vagina** during menstruation tear-resistant plastic wrap, which you put over the vagina, protects.
- **Make sure that blood and semen do not enter mouth, eyes and other orifices and wounds.** If semen enters the mouth: do not swallow, but spit it out quickly and rinse your mouth with water. If semen enters the eyes, then rinse them with water as soon as possible.

In many prisons you can receive condoms and lubricants e.g. from the medical service or from social services, from the merchant or via employees of the Aidshilfe. You must inquire how this is handled in your prison. If no condoms are available, then you can contact the prisoner representation.

Condoms do not only protect against HIV and hepatitis C, but they also reduce the risk that you infect yourself or others with hepatitis B or other sexually transmitted diseases. As these diseases are very easily transmitted, it is important to diagnose and treat them as soon as possible. Therefore check from time to time (e.g. using a hand mirror), if everything „down there“ is OK. Go to the medical service, if you detect something, which is not as it should be, e.g. unusual discharge, itching or

burning in the genital/anal area, mucus or blood in the feces, discoloration of urine or feces, prolonged feeling of pressure in the abdomen or abdominal pain, skin rashes or reddened skin, abscesses or warts.

Most of the sexually transmitted diseases can be well treated, if they are detected early enough. It is important that your sexual partners are treated as well to prevent continuous re-infection.



Once in a while it may happen ...

... that the condom breaks (e.g. because the expiration date had expired already), slips off, was forgotten or was not used due to other reasons. In such cases you must act fast: Go use the toilet and try to push as much semen out of the vagina/bowel as possible. We strongly advise against vaginal douching or colonic irrigation, as injuries may occur, which will increase the risk of infection with HIV or other pathogens. If you know that the sexual partner is HIV-positive, then you should immediately consult with the prison doctor. He then will discuss with you which further measures make sense, e.g. an HIV-PEP (this is a four-week treatment with anti-HIV-medication, which – in case of an infection – should prevent a chronic HIV infection) or an HIV or HCV test.

Further information regarding protection during sex are offered by various brochures of Deutsche AIDS-Hilfe e.V. (see „Information and addresses“ p. 29)



MOTHER-CHILD-TRANSMISSION

HIV-infected mothers can transmit the virus to their child during pregnancy and breastfeeding, but primarily during delivery. The transmission risk mainly depends on preventive measures. Under optimal conditions the transmission rate can be reduced from approx. 20–40% to less than 2%: by taking HIV medication during pregnancy, by special obstetric measures and by not breastfeeding, on the other hand by preventive treatment of the baby with an HIV medication.

HCV can be transmitted to the child during delivery as well, however this occurs significantly less (the probability of transmission is less than 5 %). Therefore, for mothers infected with HCV (but not HIV in addition), no particular measures are applied to protect the child. The risk of passing on HCV during breastfeeding is very small. Therefore, HCV-infected mothers are not generally advised against breastfeeding. If the nipples are injured or inflamed, breastfeeding is not recommended.

A mother-child-transmission of the hepatitis B virus (HBV) can almost always be prevented, if the newborn is vaccinated immediately after delivery. The mother then can breastfeed, as the child is protected by the vaccination.

DRUG USE

When injecting drugs (getting a fix) it is easy to contract HIV or hepatitis C (but also hepatitis B and other diseases), when needles/syringes and accessories (filter, spoon, water) are shared with others. In prisons sterile needles are usually not available. This is why dirty syringes are used multiple times and by several people. Clean filters are rare as well; however hepatitis viruses as well as bacteria and fungus, which can severely damage heart and lungs, can be found in dirty ones.

If you cannot or don't want to do without drugs, then you should try to minimize the infection risk. For example, instead of injecting drugs, you snort them or you smoke them from a foil and always use your own small pipe.

If you remain injecting, then observe the following safer use rules:

- Only use your own clean needles/syringes and accessories (filter, spoon, water) and do not pass used needles and accessories down to others. (If nothing else is possible and you only have a used syringe, then at least boil it out; see next page).
- If possible, use filters only once, clean the spoon before use with hot water and use cold fresh tap water or mineral water without gas to cook the substance (sterile water would be even better, but this is not available in most prisons).



YOU CAN PROTECT YOURSELF AND OTHERS!

If you do not have your own or a new syringe, then at least clean used syringes as follows:

- Clean your hands thoroughly.
- Clean and rinse the syringe thoroughly with cold water.
- Next disassemble the syringe and clean all parts for at least 15 minutes in briskly boiling water. This is also possible with plastic syringes, but only up to three times, afterwards they are damaged.
- After the parts are boiled out, assemble the parts again. If possible, touch the plunger only at the back.

Applied correctly, this method can render HIV as well as hepatitis viruses harmless. But it is not hundred percent safe!

Pay attention that you store used syringes/needles in such a way that nobody can get injured. It is the best to put the needles in the protective cap or in the back into the plunger.

Detailed information regarding protection during drug use are provided by further brochures of Deutsche AIDS-Hilfe e.V. (see „Information and addresses“ p. 29).



TATTOOING AND PIERCING

In prison tattooing and piercing are prohibited and besides that risky, as clean working with sterile professional tools is almost impossible: Prisoners tattoo and pierce each other, using mostly colors they mixed by themselves and home-made tools, which are either not at all or unprofessionally disinfected before their use on the next person. Here besides HIV and hepatitis C other diseases such as e.g. hepatitis B can be easily transmitted. And as prisoners are usually no professionals, tattoos can easily fail. Have tattoos and piercings rather made „outside“ – by a professional with sterile instruments.

If it must be done while you are in prison, then here the most important rule:

As a basic principle use new (not used yet) and sterile materials; do not use needles for several people after each other. If only used needles are available, then they must be disinfected beforehand, e.g. by boiling in water for 15 minutes.

- Further information regarding tattooing and piercing in prison is offered by a brochure of Deutsche AIDS-Hilfe (available only in German).



YOU CAN PROTECT YOURSELF AND OTHERS!

TOOTH BRUSHES, RAZORS, NAIL SCISSORS AND CLIPPERS

As the hepatitis C virus (HCV) is much more resistant than HIV and remains infectious in residual blood for a week or longer, an HCV infection is possible as well, when tooth brushes, razors, nail scissors and clippers are shared. Tiny, non-visible residual blood can adhere to these objects; if they are then used by another person, the residual blood (which possibly may contain HCV) can then enter the body through small injuries.

Do not share or borrow tooth brushes, razors, nail scissors and clippers! Marking these objects – e.g. using tape or tags, on which you write your name – avoids mix-ups.



MINE

YOURS

YOU CAN GET VACCINATED AGAINST HEPATITIS A AND B!

The vaccine against hepatitis B also protects against hepatitis D.

The German Standing Vaccination Committee (STIKO) at the Robert Koch-Institut recommends a hepatitis B vaccination for longer serving prisoners. Many prisons offer a vaccination on their own. Ask your prison doctor if you can get vaccinated.

Unfortunately no vaccination exists against hepatitis C and against HIV. Therefore, you must observe the above mentioned rules for protection, even if you are vaccinated against hepatitis A and B.



THE ESSENTIALS REGARDING HIV/AIDS

HIV is a virus which attacks the body's own defense and triggers AIDS. The virus can mainly be found in blood and semen of infected people, but also in vaginal fluid and breast milk. HIV is mostly transmitted during vaginal and anal sex without condom. Especially risky is the joint use of needles, syringes and accessories for drug use. Infected mothers can infect their child during pregnancy, delivery and breastfeeding.

After infection the body may react similarly as to a flu (e.g. with fever, swollen lymph nodes). After one to two weeks this will be over again. After that, one still feels healthy for several years, although the virus continues to multiply and damage the immune system and inner organs. Some day symptoms appear, e.g. swollen lymph nodes at several locations (under the armpits, in the groin), severe sweating during the night and diarrhea. If severe infectious diseases and certain cancer types appear, then this is called AIDS. Without treatment the disease is mostly fatal after several years or decades.

Until now no vaccination is available against HIV, and the virus cannot be removed from the body. It is possible to keep the virus in check for many years. However, it is properly necessary to take tablets for the rest of one's life. Therefore, it is important to protect oneself and others against infection by safer sex – especially by using condoms –, safer use and observing the hygienic rules for piercing and tattooing (see „You can protect yourself!“ p. 16).

A blood test can clarify if you were infected with HIV (see „Get advice!“, page 28).

THE ESSENTIALS REGARDING HEPATITIS

Hepatitis is an inflammation of the liver, which is often caused by viruses. An infection with the hepatitis C virus (HCV) is especially dangerous, as it very often becomes chronic (in contrast, a hepatitis A always heals, a hepatitis B in most cases). A chronic infection can lead to the destruction of liver cells and shrinkage of the liver (cirrhosis of the liver), which causes loss of functional capability. Liver cancer is a possible long-term consequence as well.

HCV is transmitted via blood (the hepatitis B virus also via semen, vaginal fluid, breast milk and saliva, the hepatitis A virus via human excrements), mainly during joint use of syringes/needles and accessories, but also during tattooing and piercing with non-sterile instruments, and joints use of tooth brushes, razors, nail scissors and clippers.

Symptoms of hepatitis are often loss of appetite, dislike of fats and alcohol, exhaustion, headache, fever, nausea, vomiting as well as a feeling of pressure and pain in the upper abdomen, but only sometimes jaundice as well. In addition, inefficiency, itching, loss of musculature, vascular changes on the skin and redness on hands and soles of the feet can point to hepatitis. For such symptoms you should immediately seek medical attention: The sooner an infection with hepatitis B or C is diagnosed, the more treatment possibilities exist and the better the prognosis.

You can protect yourself against hepatitis C: by safer use, safer sex – especially by using condoms – and observing the hygienic rules for piercing and tattooing as well as for using tooth brushes, razors, nail scissors and clippers (see „You can protect yourself!“ p. 16). One can get vaccinated against hepatitis A and B. Unfortunately no vaccination exists against hepatitis C.

A blood test can clarify if you were infected with hepatitis C (see „Get advice!“, page 28).

Do you have questions regarding HIV, hepatitis or other (sexually) transmitted diseases? Then get advice, e.g. from the medical service. In addition, you can ask them and social services, whether employees of the Aidshilfe or a drug advice center visit your correctional facility to counsel prisoners. It is often easier to talk to somebody from the „outside“, especially about topics such as sex or drugs. A consultation can also help to get rid of unjustified fear of infection – which will ease day-to-day life with each other! Do not worry, nobody will know what you discuss together, as the counselors are bound by professional discretion.

A consultation is especially important, if you suspect that you have contracted HIV or hepatitis C. Together with you it will be decided, whether a blood test makes sense. If an HIV or HCV infection is diagnosed early enough, then you can optimally use the medical possibilities. And if you know that you are infected, then it is also easier for you to prevent infecting somebody else.



If you would like to get further information, then you can order gratis brochures from Deutsche AIDS-Hilfe or the local Aidshilfen (see below) (you must obtain prior permission for that from the prison). If employees of the Aidshilfe visit your facility, you can receive informational materials through them as well. Here's a small selection:

- **HIV Aids von A bis Z – Heutiger Wissensstand** (2009)
- **HIV and Aids** (2006); also available in German, French, Spanish, Portuguese, Russian and Turkish
- **safer use – Risiken minimieren beim Drogengebrauch** (2008); also available in Turkish and Russian
- **Schütz dich vor HIV und Hep** (2009)
- **Schütz dich – auch beim Sex. Infos für Drogengebraucherinnen und Drogengebraucher** (2009)
- **Voll im Leben. Geschichten und Infos rund um Drogen und Partnerschaft** (2006)
- **Party Drugs HIV. Wirkungen, Wechselwirkungen, Gesundheitstipps** (2006)
- **virushepatitis. Info+ für Berater/innen und interessierte Laien** (2009)
- **Substitution in Haft** (2009)
- **Tattoo und Piercing in Haft** (2009)
- **In Jail. Tips for prisoners without a German Passport** (2006); also available in German, French, Turkish and Russian
- **kombinationstherapie. Info+ für Menschen mit HIV/Aids und Berater/innen** (2010)
- **therapie? Basis-Informationen zur Behandlung der HIV-Infektion** (2009)

You can obtain the addresses of the local **Aidshilfe organizations** from Deutsche AIDS-Hilfe e.V. in Berlin. Contact: Tel.: 030 / 69 00 87-0, Fax: 030 / 69 00 87-42, E-Mail: dah@aidshilfe.de, Internet: www.aidshilfe.de.

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Nähere Informationen unter www.aidshilfe.de oder bei der DAH.

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