

**Zdrowie
w areszcie**

**Sănătatea
în penitenciare**

**Santé
en détention**

**Health
in custody**

**Здоровье
в заключении**

**Sveikatos
priežiūra**

الصحة في الحجز

Gesundheit in Haft

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1 | Important information

Living in a detention center can put a lot of mental and physical strain on your life. Placing many people in confined spaces carries the risk of faster transmission of infectious diseases. This psychologically tense situation can significantly weaken the body's immune system.

Detention means stress for most people. The deprivation of liberty, police interrogation and court appointments or imminent expulsion is frightening and cause uncertainty. Family separation, especially the children or the fear of being abandoned by a partner can be extremely stressful and often associated with severe feelings of shame and guilt. Loneliness, boredom and helplessness are the order of the day. Trouble with fellow inmates or servants, threats, and possible violence is experienced. All this affects the psychological well-being and can also affect the immune system.

The present collection of information informs about various diseases and will give tips and instructions how you can contribute to physical and mental health. It was jointly developed by the Paritätischer Landesverband Berlin, the Berlin Aids-Hilfe e.V. and the Moabit Prison. Text excerpts are made with the kind permission of the German AIDS-Hilfe e.V. as well as Drehscheibe Alter vom Humanistischen Verband Deutschlands.

There are further materials for all topics. If you are interested, contact the social service, the psychological service or the medical service.

2 | The medical service of the detention institute (JVA) Moabit



The medical service department of the JVA Moabit consists of physicians, (male and female) nurses who work in the Central Medical Ambulance (ZMA). Prisoners are called / considered there as, like in every medical doctor´s surgery, patients.

Every newly admitted / accomodated prisoner in the prison undergoes an initial access medical examination. The medical admittance examination includes the medical history of the case as well as the physical check-up. If the medical examination results in a necessity of a treatment, the necessary measures will be taken and initiated. This occurs for example, in case of withdrawal symptoms to addictive substances or mental illnesses. Treatments which have been already begun in the past, as the prisoner was still in freedom, such as wound care or treatment of chronic diseases (for instance high blood pressure), can be continued within the prison. If the detainee can not speak sufficiently or speaks hardly the German language, an interpreter or translator can be called to be involved in the examination. However, this is not always realizable / possible on the same day.

With the consent of the inmate, examination results and findings from previous outpatient or inpatient treatments can be requested.

The medical staff members of the ZMA are subject to medical confidentiality and secrecy, which means; without the the prisoner´s assent or permission, no information concerning the state of health and any eventual treatments can be passed on / forwarded to persons inside or outside the law enforcement institution (both internally and externally). An exception is possible in case of infections or contagious diseases such as Tuberculosis.

Each inmate has also the option, if there´s a need, to apply to the ZMA for medical treatment or consultancy (advice) after being submitted to the initial medical admittance check. If the prisoner can not speak the German language, the application can be submitted in the native language and will be translated. This may require a few days depending upon the availability of the appropriate / competent interpretation service. In case of emergency, the medical staff can be called around the clock (24hours a day).

If necessary, specialist physicians / specialized doctors, such as dermatologists, dentists, psychiatrists or neurologists, can be involved for further treatments.

Additional tasks / duties of the medical service body in JVA Moabit are:

- Determination of the capability for employment and sport aptitude: Working prisoners receive, in case of illness, a certificate of disability.
- Definition and the establishment of particular diet types for underweight, diabetes, food Intolerances and allergies.
- Needs ´ assessment and providence of medical aids and tools.
- Vaccinations
- Prevention and avoidance of the spread of infectious diseases.
- Clarification and information about certain diseases.
- Talks and consultation sessions in case of a psychological, or mental – emotional distress and crises.
- Substitution service

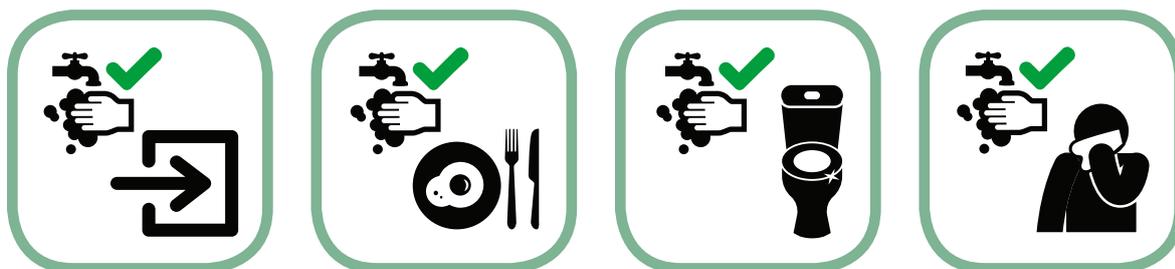
The medical service body, being aware and considering the principle of medical discretion (secrecy), advises and cooperates with other internal professional groups (within the prison). This occurs as far as a recovery process and a preservation or a safeguarding of the prisoner ´s physical, mental and psychological health are relevant, including the context of a transitional management in which a relocation of inmates in (transfer to) other establishments or a liberation / release are conceived.

3 | Prevention

3.1 Regularly hand washing

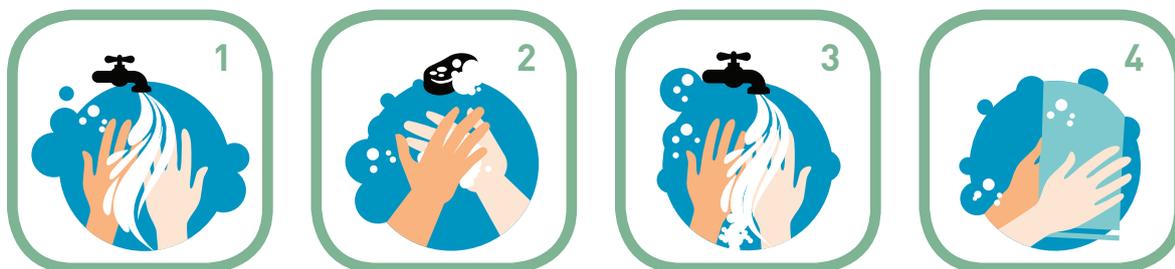
Hands are the most common carriers of pathogens. Wash your hands regularly, especially:

- When you enter the detention room from the outside.
- Before and during the preparation of meals (breakfast and dinner)
- Before meals
- After visiting the toilet
- After cleaning your nose, coughing or sneezing
- Before and after contact with the patients



Thoroughly wash your hands!

Hands must be washed thoroughly to remove dirt and possible pathogens. This is done in four steps:



3.2 Wound protection



Injuries and wounds should be covered with a plaster or bandage.

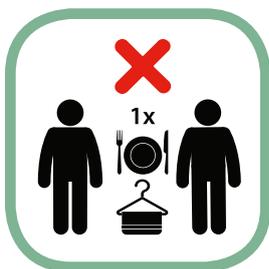
This prevents the penetration of germs or the transmission by contact infection of pathogens on to others in the case of inflamed wound.

3.3 Keep a distance – coughing and sneezing properly



People with contagious infections should recover first. Avoid tight body contact during the period of infection such as hugging and kissing.

When coughing and sneezing, countless pathogens are sprayed via saliva and nasal secretions and can be transmitted to others through droplet infection.



Personal items such as towels or crockery should not be shared.

Ventilate your room regularly.



Therefore, keep away from other people when coughing and sneezing and turn away.

It is best to use a handkerchief or hold the crook of your arm in front of your mouth and nose.

3.4 Toilet use

- It is best to use the toilet while sitting
- Flush the toilet after each use
- Clean the toilet bowl with the toilet brush if there is any residue left
- Wash your hands after each use of the toilet
- Do not throw the toilet paper in the trash can
- Do not dirty the toilet seat
- Do not throw food or waste into the toilet
- Do not urinate in the sink



3.5 Dental and oral hygiene

- Brush your teeth twice a day for two minutes with toothpaste containing fluoride. First, clean the interdental spaces with dental floss and interdental brush.
- If you eat a lot of crunchy fruits and vegetables, it stimulates the salivation. Spit contains mineralizing substances that harden dental enamel and make it more resistant to decalcification (caries) and acid attacks.
- Acidic foods and drinks can attack and damage the enamel. Foods such as black or green tea, mineral water and fish, however, contain fluoride and protect the teeth from decay.
- Beware of hidden sugars in food! Read the label food packages to know which products contain sugar.
- False teeth must be taken care of like real teeth. This is because bacteria can accumulate on them and may lead to serious diseases.
- Have your teeth checked regularly by the dentist and treated if necessary. Dental diseases can have an effect on the whole body.
- Mouth odor can be prevented by cleaning your tongue with a special brush.



3.6 Vaccinations



Vaccination is a preventive measure to protect against various infectious diseases.

During vaccination, pathogens are introduced into the body in an attenuated or killed form in order to stimulate the body's own immune system to produce specific antibodies (active vaccination) – or a vaccination serum is vaccinated against the pathogen with matching antibodies (passive vaccination).

The human body has a sophisticated immune system with which it defends itself against unwanted invaders such as viruses or bacteria. Antibodies are formed which are directed against a specific pathogen. After they have successfully fought the pathogens, some antibodies remain in the blood and form the body's own „defence memory“.

If a pathogen enters the body again, the immune system „remembers“ it and produces the matching antibodies much more quickly. The pathogens are rendered harmless before the disease can break out.

The duration of vaccinations varies greatly. Some vaccinations are likely to prevent the disease for a lifetime, such as measles, mumps and Rubella vaccinations. Many vaccinations, such as those against tetanus and diphtheria, are effective for about 10 years.

Every effective drug can have undesirable side effects in addition to the desired effect. After a vaccination, for example, light fever, general discomfort or redness at the injection site can occur. However, these symptoms are temporary and disappear quickly with no consequences.

The Central Medical Outpatient Clinic (ZMA) of the Moabit Prison can carry out all vaccinations recommended by the Permanent Vaccination Commission (STIKO) if necessary. The doctors of the ZMA provide advice and information in this regard. Requests for vaccinations can be made by application. It is particularly helpful if a „vaccination card“ is available.

3.7 Nutrition



A healthy diet makes a decisive contribution to the prevention and avoidance of various diseases such as cardiovascular diseases, gout, diabetes, tumours and infectious diseases. For a balanced diet, the body needs a balanced mixed diet, which should contain vitamins, carbohydrates, proteins, fats, minerals, fiber and of course water.

Therefore, when possible, foods from the following groups should be consumed:

1. Milk and milk products (daily)
2. Meat, fish, eggs (each in moderation, 1-2 times a week)
3. Bread, cereals, noodles, potatoes
4. Vegetables and salads (daily)
5. Fruit (daily)
6. Butter, margarine, oils (in moderation)
7. Sugar and salt (in moderation)
8. Water, tea, juices (abundant)

In the Moabit prison you will be supplied by a canteen kitchen. Food is provided in accordance with the recommendations of the German Nutrition Society. Please note that an optimal diet cannot always be guaranteed and that cooking facilities are not available for inmates.

You can purchase additional food, including food that meets your cultural or religious needs, by shopping for prisoners.

For certain illnesses that require special or additional food, please contact the ZMA.

3.8 Mental health – Suicide prophylaxis



Imprisonment is a mental burden for every human being. Fear, sadness, helplessness, shame or anger is completely natural reactions.

As a rule, such emotions diminish in the course of further execution, but can also be revived by certain events.

If you find that negative feelings bring you to the limit of your mental resilience and you have even thought of suicide as a possible way out, then you should not remain alone with these thoughts.

Draw attention to yourself.

Contact the specialist services (general law enforcement service, social service, psychological service, medical service, pastoral care). In acute cases, activate the Emergency Signal, even if it should be in the middle of the night. Together we will try to make your personal situation in prison more bearable.

4 | Use the detention time for yourself

4.1 Leisure time – Sports – Creativity – Education – Helping people to help themselves



Much of what happens in the situation of imprisonment cannot be changed, but you do not have to deal with it alone. There are possibilities for relief. These relief possibilities are, talking to employees on the ward, in the workplace, with the social or psychological service and with external employees who offer a wide range of counseling and employment opportunities.

Even if time in prison is forced upon you, it is your time and you should make the best of it.

A good way to stay mentally and physically fit in prison is to use the leisure activities offered in the prison.

- Outdoors or in the group centers
- Spend time together with others
- Spend time together with external trainers



Sport and exercise have a positive influence on the body, stimulate the circulatory system, stimulate blood circulation and strengthen the immune system. Movement also helps to reduce anger, aggression and disappointment. Conversations or creativity often have the same effect. Education strengthens self-confidence. Doing something together lifts the isolation in prison.



Find out what the JVA Moabit has to offer. Among the possibilities: Yoga, meditation, sports, games, art, music, language acquisition, different discussion groups, support in coping with addiction problems or learning non-violent conflict resolution... you will find something for yourself that will help you maintain your health in prison.

If you need permission to participate in group and leisure activities due to possible restrictions on your detention, you can contact the social services for advice or apply directly to the court or the public prosecutor's office.

4.2 Relaxation exercise



Progressive muscle relaxation according to Jacobson

You can also learn relaxation techniques, which you can carry out independently in your prison room.

Here is an example:

Lie down flat or sit on a chair. Position your legs side by side and keep your arms loose. Close your eyes. Repeat the sentence in your mind: „I am completely calm“.

Pull your toes upside down, push your heels down hard, and hold this tense position for five seconds. Then loosen your feet and legs again. Tense the gluteal muscles for five seconds. Loosen the gluteal muscles again.

Fist both hands together and stretch your arms down to the side. Pull both shoulders backwards. Leave the arms loose again. Spread your fingers to the maximum and turn your palms outwards with your thumb backwards. Pull your arms down and your shoulders back. Hold the tension for five seconds.

Finally, tense all muscles vigorously and let them go again. Feel the relaxation and warmth all over your body. Open your eyes stretch and expand them.

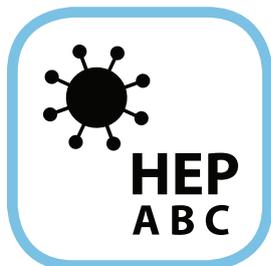
4.3 Religion – Pastoral care

If you are a religious person, you can refer to the pastors of your religion.



5 | Infectious diseases

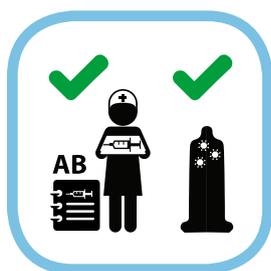
5.1 Hepatitis A, B and C



Hepatitis means „inflammation of the liver“. The reasons for hepatitis are different, very often it is caused by viruses. Infections with hepatitis B viruses (HBV) or hepatitis C viruses (HCV) are particularly dangerous because the infections can become chronic. Chronic hepatitis can cause the liver cells to be destroyed and the liver to scar and shrink (liver cirrhosis). As a result, the liver loses its ability to function. Liver cancer is a possible late consequence.

- Hepatitis A always heals and leaves lifelong protection against further infection.
- Acute hepatitis B heals in about 90-95% of cases. A past infection protects against a renewed infection.
- Hepatitis C becomes chronic in up to 85% of cases. After a self-healed or treated hepatitis C one can become infected again.

Acute or chronic hepatitis may show signs of disease, but in most cases the affected person does not notice their infection. Possible symptoms may be: Lack of appetite, aversion to fat and alcohol, fatigue, headaches, fever, nausea, vomiting, pressure and pain in the upper abdomen. Sometimes it also comes to „jaundice“: the mucous membrane of the eyes and the skin turn yellow, the urine turns brown and the faeces light. Weak performance, itching, loss of musculature, vascular changes in the skin or redness of the hands and soles of the feet can also indicate hepatitis.



Contact your ZMA doctor* if you notice any of these symptoms. The earlier hepatitis B or C is diagnosed, the better the treatment options and chances of recovery. Hepatitis B or C is detected by a blood test.

Because hepatitis A and B are extremely easy to transmit, safer sex, including the use of condoms, offers little protection. But even when vaccinated, condoms are important during sex: to avoid infection with HIV and other sexually transmitted diseases.

Hepatitis A virus (HAV)

The hepatitis A virus is usually transmitted through water, mussels, fruit or other food contaminated with faeces that has not been heated sufficiently. Transmission is also possible during sex, either directly through oral – anal sex or indirectly through fingers that have had contact with the rectum or a used condom or dildo. There is no specific therapy against hepatitis A.

A vaccination against hepatitis A is the best protection! Contact the ZMA doctors* to discuss the possibilities of vaccination in prison.

Hepatitis B virus (HBV)

The hepatitis B virus is largely transmitted by blood. However, the amount of virus contained in sperm, vaginal secretion, urine, tear fluid or saliva can also be sufficient for infection. Hepatitis B virus is transmitted

- Especially during sex (also during kissing), because the virus can be found in all body fluids that play a role in sex. The risk increases if blood is also involved, e.g. with small injuries of the skin or mucous membrane.
- in case of contact with infected blood, e.g. drug use, when splashing equipment and accessories (spoon, filter, water) or tubes for snuffing / inhaling are used together; when piercing and tattooing with unclean equipment; by jointly used toothbrushes, nail scissors or shaving equipment.

A vaccination against hepatitis B is the best protection! Contact the ZMA doctors* to discuss the possibilities of vaccination in prison.

Hepatitis C virus (HCV)

The hepatitis C virus is transmitted by blood-to-blood contact.

- Especially when using drugs with commonly used injectables and accessories (spoon, filter, water) or tubes for snuffing/inhaling
- Piercing and tattooing with unclean equipment
- By sharing toothbrushes, nail scissors or shaving equipment

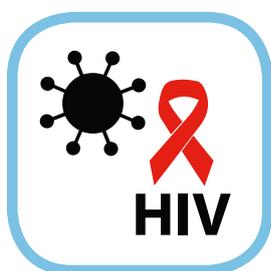
Infection is possible with unprotected vaginal and anal sex, but very rare. The risk during sex is increased when blood is involved, e.g. during menstruation or in practices with a high risk of injury. With highly effective drugs approved since 2014, the infection can now be cured in over 90% of cases with relatively few side effects and usually within 12 weeks. The treatment of hepatitis C during imprisonment is possible under certain conditions. If you have any further questions, please contact the ZMA doctors. After successful treatment you can become infected again. Unfortunately, there is no vaccination against hepatitis C.

5.2 HIV and AIDS

Whoever is infected with HIV today (the virus that can trigger AIDS) stands a better chance of achieving a normal life expectancy with a good quality of life, if therapy is started in good time and carried out consistently. Today, HIV infection is considered to be a well treatable disease.

The full image of AIDS is now regarded as an avoidable obstacle to HIV infection; diagnosing and treating HIV infections in good time is therefore a major goal of medical care. Well-treated people with HIV can work in virtually any profession and spend their free time like others.

1. What is HIV? What is AIDS?



The human immunodeficiency virus is known since the 1980s and can lead to the outbreak of AIDS (Acquired Immune Deficiency Syndrome). However, those who are HIV-positive are not automatically infected with AIDS. An HIV-infected person is by no means ill, but can infect others if he is not on medical treatment. If the HIV virus is not treated, the body's own immune system may be destroyed. This can lead to the development of serious and life-threatening diseases that can still be fatal today. When these diseases occur, this is called AIDS.

The beginning of treatment as well as the necessary further treatment of an HIV infection is possible at the Moabit Jail through the Central Medical Outpatient Clinic (ZMA). Counselling on this subject can be provided anonymously by the Berliner Aids-Hilfe in the GBZ. In this case please write to the GBZ in advance.

2. How do I become infected?

Treatment with today's HIV drugs usually means that HIV-positive people are no longer contagious. The number of their viruses is then so low that there is no risk for others. The HIV virus can therefore only be transmitted by people who are HIV-positive and not below the detection limit. If the infection is not treated, the HIV virus will be found mainly in the blood and sperm, but also in the vaginal fluid and breast milk of infected persons. Transmission is therefore only possible by certain means, in particular;

- During sex without a condom
- By jointly used injecting equipment and accessories for drug use
- Tattooing and piercing with unsterile instruments.

HIV is most often transmitted during sex. There is a risk of infection if blood – including menstrual blood or sperm from an untreated HIV-positive person gets into the body of the partner or if mucous membranes (around the penis, in the intestine, in the vagina) come into contact with HIV-infected mucous membranes of the partner. Contact with normal, healthy skin and blood containing the virus does not lead to infection. HIV is a virus that is difficult to transmit.

3. How can I not become infected?

HI viruses have been found in urine, tear fluid and saliva, but their number is so small that infection is not possible. Infection is not possible by kissing, hugging or shaking hands. Also the common use of dishes, clothes, toilets or shower and washrooms does not lead to an infection.

4. How long does the HI virus „survive“ outside the body?

The virus is very sensitive and does not remain active outside the human body for long when exposed to everyday conditions. Once infectious body fluids, including blood and sperm, get dry, there is no risk of infection.

5. How do I protect myself from HIV?

During sex – Pay attention to your safety:

- Sexual intercourse only with a condom. Apply a grease-free lubricant to the condom so that the penis can glide better and the condom does not tear due to friction. Do not use fatty substances such as oil, butter, Vaseline or lotion: these make condoms porous, and they will become unprotective. Do not pull two condoms over each other: they rub each other and then tear. When having sex with several partners, use a new condom for each partner.
- When having oral sex („sucking of the penis“) do not ejaculate in the mouth. You can also use condoms when having oral sex, which also protect against other sexually transmitted diseases.
- Do not allow blood or sperm to enter your mouth, eyes, other parts of your body or wounds. If sperm get into the mouth: do not swallow, but spit it out quickly and rinse the mouth with water. If sperm gets into the eyes, rinse them out with water as quickly as possible.



Condoms and lubricants are available in the purchasing department of the Moabit Prison as well as from the Berlin Aids Hilfe and Mann-O-Meter (applicants for advice via GBZ).

When using drugs

Drugs are forbidden in prison. However, if you cannot do without drugs, you should try to keep the risk of infection as low as possible, for example, by not injecting drugs but snorting or smoking from foil and always using your own tube.

When injecting drugs (fixation, squeezing) it is very easy to become infected with HIV and hepatitis C (but also with hepatitis B and other diseases) if syringes/needles and accessories (filter, spoon, water) are shared with others.

If you stick to injecting, observe the following safety rules:

- Only use your own clean syringes and accessories (filter, spoon, water) and do not pass on used syringes and accessories to others. (If there is no other way and you only have one used syringe, at least boil it out).
- If possible, use filters only once, clean the spoon with hot water before use and use cold, fresh tap water or non-carbonated mineral water to boil the product.

If you do not have your own or a new syringe, you should at least clean used syringes like this:

- Wash your hands carefully.
- Clean the syringe thoroughly with cold water and rinse.
- Then take the syringe apart and clean all parts in boiling water for at least 15 minutes. This can also be done with plastic syringes, but not more than three times – after which they will be damaged.
- After boiling, reassemble the individual parts, if possible touching only the back of the plunger.

This method can render HIV and hepatitis viruses harmless if applied correctly. But it is not one hundred percent safe!

Also make sure that you store used syringes / needles in such a way that nobody can injure themselves. It is best to insert the needle into the protective cap or into the back of the plunger.

Tattooing and piercing

In prison tattooing and piercing are forbidden and risky. Working cleanly with sterile professional tools is almost impossible here. People tattoo and pierce each other, usually using their own mixed colors and homemade instruments, which are either not disinfected at all or not professionally disinfected before they are used by the next person. In addition to HIV and hepatitis C, other diseases such as hepatitis B can also be transmitted very easily. Tattoos can also fail quite easily, because in prison they are done by non-professionals. Let Tattoos and Piercings therefore rather be done „outside“ by a professional and with sterile equipment. However, if it has to be in detention, here is the most important rule: Always use new (not yet used) and sterile materials. Do not use needles for more than one person in a row. If only used needles are available, disinfect them beforehand, e.g. by boiling them in water for 15 minutes.

6. Can mosquitoes, insects or parasites transmit the virus? No!

7. What do I have to bear in mind when staying in shared accommodation in detention?

When using the toilets

When using the toilet, you cannot get HIV, even if it is heavily soiled with excrement. For hygienic reasons, however, it is essential that you observe the general instructions for → toilet use.

When using towels

As far as HIV and hepatitis C are concerned, nothing happens. Nevertheless, you should not use towels together, especially if they are dirty, because this is simply unhygienic and you can get e.g. lice or itch mites. In heavily occupied cells, you should simply make sure that everyone has his or her own place for towels and other hygiene items.

In the case of injuries as a result of hand injuries or at the place of work

Although HIV is present in the blood of infected people, there is no known case where someone would have been infected during a fight. Many unfortunate circumstances would have to coincide in order for an infection to occur in this way. Infection in this way is therefore only theoretically possible, but in reality extremely unlikely. One does not know of any case in which someone would have been infected with HIV at the worksite or something similar, neither in prisons nor „outside“. As a general rule, you should report any injuries to the JVA Medical Service so you can receive professional care.

In the kitchen and at the serving counter

You cannot become infected when an inmate with HIV works in the kitchen, even when the inmate cuts himself preparing meals, or when a prisoner with HIV distributes food. For this reason, there is no „external „ screening of kitchen staff in restaurants, hotels and snack bars for these infections. As a general rule, anyone working in the kitchen, whether or not infected with HIV, should follow the rules of hygiene. The most important thing is to wash your hands, e.g. after going to the toilet and before preparing food.

When cleaning shower and toilet rooms

You cannot become infected with HIV if you clean showers and toilets, even if they are soiled with blood, faeces or vomit. Nevertheless, you should follow the appropriate hygiene rules when cleaning, including wearing protective gloves. This will prevent you from getting involved with other diseases such as hepatitis A and B (but you can get vaccinated against hepatitis A and B, contact the medical service). If no protective gloves are available, ask the General Prison Service to provide them.

8. Can I get infected during a visit to the dentist?

Infection with the dentist is not possible because they always use new drills and instruments for each patient, which are then properly sterilized.

9. How can I determine whether I have HIV?

HIV can only be diagnosed by a blood test, a self-diagnosis is not possible. There are different HIV tests:

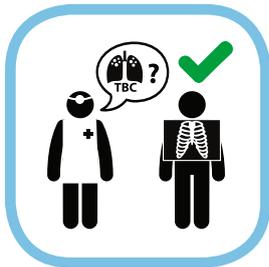
- The HIV laboratory test: It takes a few days until the result can be communicated.
- The HIV rapid test: offers a result in 30 minutes and is only offered anonymously „outside“ by AIDS helpers, medical specialists and health authorities, usually for a fee.
- The home tests (also called self-tests) are HIV rapid tests for self-testing. The sale of home tests is expected to be authorized in Germany from October 2018.
- In the case of submission or sending in tests, blood is taken at home and sent to a laboratory. The result will then be communicated by telephone or online.

All these tests have one thing in common: they are HIV antibody addition tests. This means that they search the blood for antibodies to HIV, which can usually be detected after six weeks and at the latest after twelve weeks. If no antibodies are found, then one is certainly HIV negative. A positive result must be confirmed by a second more specific test. For submission or sending in and laboratory tests this is done in the same way in the laboratory. In any case, an HIV test provides clarity. An early HIV therapy can protect the immune system from the virus. Today you can live well with HIV therapy. The sooner you start HIV therapy, the better. If you have any questions about the test, please contact the anonymous counseling service of the Berliner Aids-Hilfe (advance notification via GBZ) or the ZMA doctors* directly.

10. Can I vaccinate myself against HIV?

There is no vaccination against HIV yet. The virus cannot be removed from the body and thus cured. You can keep HIV in check for many years with medication, but you will probably have to swallow tablets every day for the rest of your life.

5.3 Tuberculosis (Tbc in brief)



Tuberculosis is a contagious disease. It can be diagnosed by the detection of the pathogen e.g. in the sputum, by skin tests, X-ray examinations and other procedures. The X-ray examination takes place as part of the medical admission examination.

The Tbc pathogen is a bacterium and is most frequently transmitted by infectious droplets. These can remain in the air for hours and enter the body through inhalation, through open wounds, fresh tattoos and mucous membranes, leading to infection. Whether and when the disease breaks out depends on the state of the immune system.

At an early stage, tuberculosis can progress inconspicuously. Possible symptoms are fatigue, weakness, loss of appetite, mild fever, weight loss, night sweats, coughing with and without mucus ejection. In the case of tuberculosis, it is important to diagnose and treat the disease as early as possible and to take the medication (antibiotics) consistently over a period of at least six months. In order to protect the environment, the legal hygiene conditions must also be observed. All contact persons should also be examined.

6 | Help with addictive disorder



The topic addiction, affects many people in the society. This refers to the totality of risky, abusive and dependent behavior with regard to material-bound substances (e.g. alcohol, tobacco, heroin, cocaine) as well as non-material-bound behavior (e.g. gambling). An addictive disease is a serious chronic illness and can lead to considerable health impairments. The risk factors for this are always different and individual.

If you have questions about the use of addictive substances or the risk of addiction, you can visit the counseling services offered at the Group and Counseling Centre (GBZ).

Maybe you were already in contact with an addiction counseling centre before you were arrested. Then you have the possibility to continue this contact here. In addition, the social service offers fallback interviews and advises you on further possible steps. If you would like to discuss the topic in a group context, take part in a special group offer. In such cases, contact the relevant social service.

You can find medical help, such as advice on substitution, at the Central Medical Outpatient Clinic (ZMA).

7 | Older prisoners



With increasing age, the topic of mental and physical health becomes of central importance.

Aging in prison or being imprisoned as an elderly person confronts you with other challenges in your everyday life as a young prisoner: be it in the use of free time, personal hygiene or conversations in the corridor. You may find it harder to get around, feel less mobile than before, or be unable to follow conversations in noisy corridors. Or you ask yourself how you can make the long periods of imprisonment useful. Take these issues seriously and address them.

Do you suffer from special diseases or do you need help taking your medication? You can also continue to be cared for in prison. Contact the Central Medical Outpatient Department (ZMA) of the Moabit Prison. The doctors at the ZMA will provide advice and information on this matter.

Also inform the staff on your ward, e.g. if you cannot hear well or if you repeatedly forget procedures. Then they can focus on it.

If you have difficulty walking, dressing or eating, speak to the staff. There is an elevator. It is also possible to apply for aids (e.g. walking or dressing aids) which can make your everyday life in prison easier.

In addition to medical treatment, it is important for well-being in old age to exercise sufficiently and to eat well. Both are only possible to a limited extent in prison. Talk to the social services about the leisure activities available (yoga, meditation, sports, playgroup, library...). They can also inform you about other counseling services.

Are you worried about your relatives, who you have supported or even cared for so far? Contact the social services or the counseling centers of the independent organizations. They can contact you and organize the necessary help.

You have experienced a lot in your life so far and have probably already mastered other difficult moments. Take inspiration from this. Probably everything goes a little slowly in old age and you need more rest. Take your time.

