

Anglais



Health

This brochure has been produced as part of a prevention programme run by the ALS at the Centre Pénitentiaire de St Quentin Fallavier, in partnership with the interCOREVIH Rhône-Alpes/ Auvergne's "Prison" group.

We would like to thank the following people for taking part in producing this document:

- Abdal-Halim, Ali, Elhedi, Donovan, Khéredine, Nicolaï, Mohamed, whose active participation helped us to identify the most common questions asked by inmates,
- the professionals from the level 1 Health Unit, from the Local Teaching Unit, from the SPIP and de from the Management of the Penitentiary Establishment who supported this project in the various phases of its completion,
- the financial partners without whom it would not have been possible.

This brochure is designed to raise awareness and provide additional information to complement the work carried out and information offered by the various professionals who work in prisons. It has been designed in a format (substance and form) suitable for the target readership and sets out to respond to their most common concerns about health and rights.



With the support of:



Hygiene basics

6



HIV/AIDS - Hepatitis

10



Scabies

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Pulmonary tuberculosis

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Mycosis

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Health questions

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Notes

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Health directory

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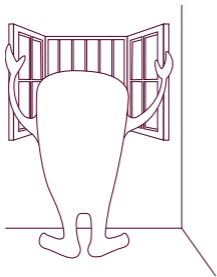


Washing your hands



wash your hands several times a day with soap

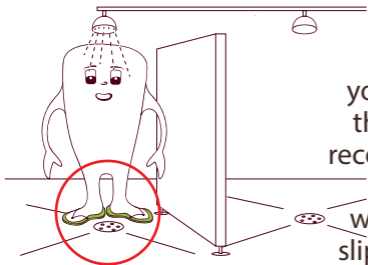
Ventilating your cell



15 minutes
a day

open the window for least 15 minutes a day

Using the communal showers



avoid any contact between your feet and the floor. it is recommended that you wear flip flop slippers in the showers

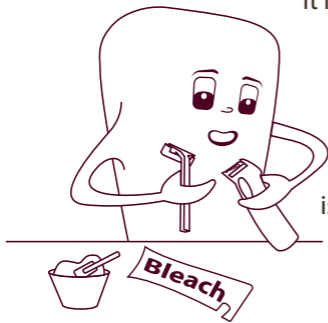
7

Cleaning your cell



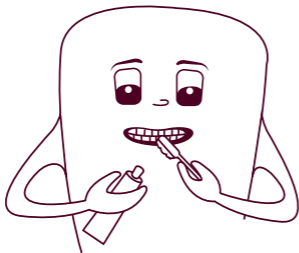
clean your cell regularly (floor, washbasin, toilets, etc.)

Shaving your face and head



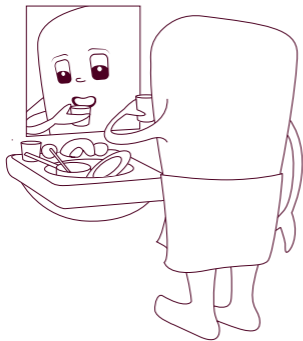
It is recommended that you do not lend equipment that might have been in contact with blood; in case of a loan it is absolutely vital to wash your equipment with soap or bleach water

Brushing your teeth



brush your teeth after every meal

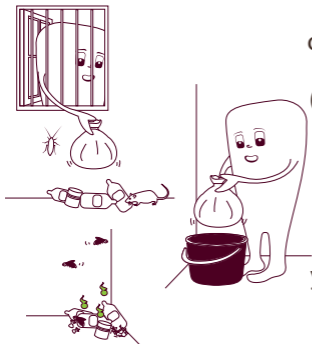
Using the washbasin



you can
drink the
tap water,
wash and
do the
dishes in
the same
washbasin
without any
risks

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Rubbish

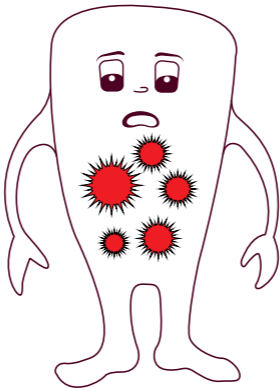


throwing rubbish
out of the window
attracts pests
(rats, cockroaches,
etc.)

that gives bad
smells

you have to throw
your trash in the
garbage bin

What is HIV / AIDS?

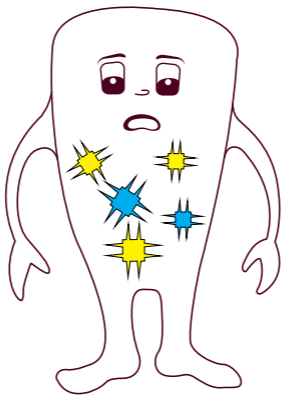


AIDS is an illness caused by a virus called HIV (Human Immunodeficiency Virus);

it attacks the immune system and weakens the body's defences;

you can be HIV positive (a carrier of the virus) without "feeling" unwell

What are hepatitis B and C?



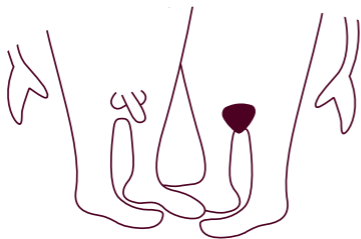
11

hepatitis is a disease of the liver which is caused by a virus;

you can be a carrier of the virus without "feeling" unwell

How do you catch HIV/AIDS and hepatitis B?

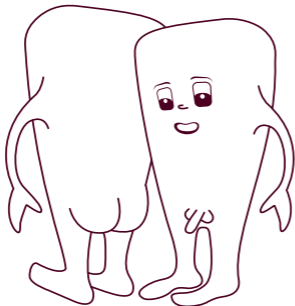
through sex



12



through sexual intercourse without a condom



through the anus

How do you catch HIV/AIDS and hepatitis B?



**by oral sex
without a condom**

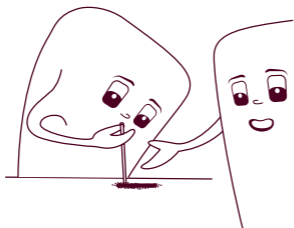
13



through
the mouth

How do you catch HIV/AIDS and hepatitis B and C?

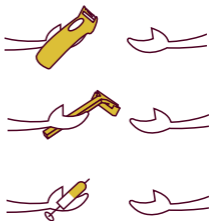
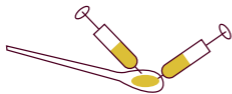
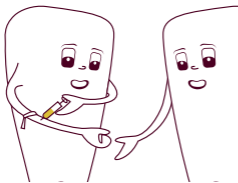
sharing
straws



14



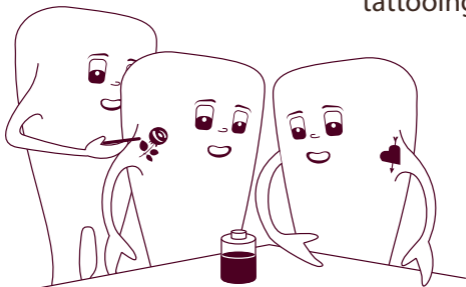
**through blood if you share
previously used equipment**



sharing
clippers, a
razor or a
syringe

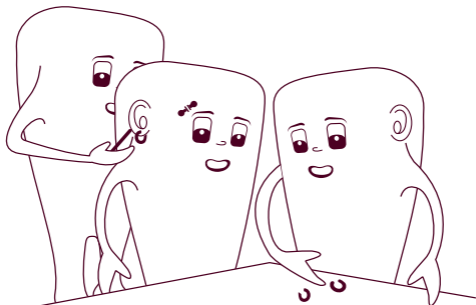
How do you catch HIV/AIDS and hepatitis B and C?

tattooing



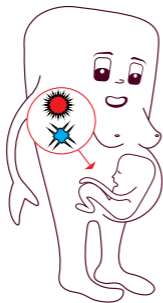
**through the blood during
tattooing or piercing with
previously used equipment**

15



piercing

HIV/AIDS and hepatitis C how do you catch them?

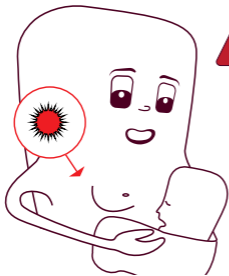


risk

a mother who carries the virus can pass it on to her child during pregnancy or delivery

16

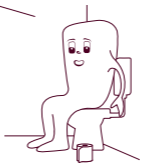
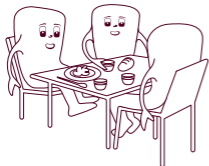
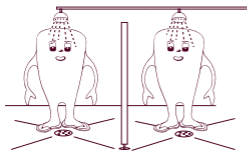
HIV/AIDS how do you catch them?



risk

for HIV, a mother who carries the virus can pass it on to her child during breastfeeding

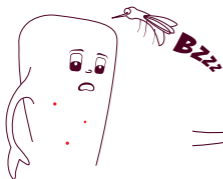
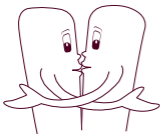
HIV/AIDS and hepatitis B and C no risk



in the shower,
on toilets,
by sharing
meals or
everyday
objects

OK NO RISK

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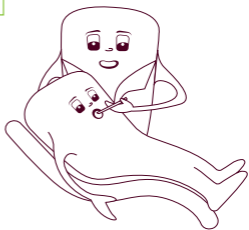
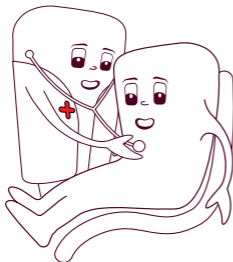
by kissing,
through
saliva,
by shaking
hands,
through
insect
bites

HIV/AIDS and Hepatitis B and C no risk



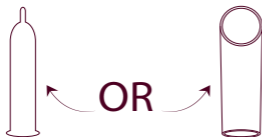
in public
places:
hospital,
railway
station,
office,
under-
ground,
school,
etc.

OK NO RISK



at the doctor's,
at the dentist's

HIV/AIDS and Hepatitis B and C how can you protect yourself?



1 X = single use

use a
male or
female
condom;
single use



**do not use two
condoms at the
same time**

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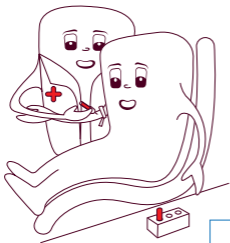


adding
lubricant (water
based gel) reduces
the risks of it
breaking



**go to see the US (Health
Unit) to get condoms**

HIV/AIDS and hepatitis B and C how can you protect yourself?



do an HIV
or hepatitis
B or C test

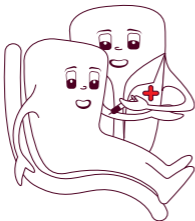
finding out =
protecting
both yourself
and others



go and see
the US

20

HIV/AIDS and hepatitis B and C how can you protect yourself?



get
vaccinated
against
hepatitis B



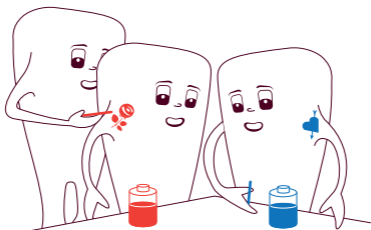
go and see
the US



there is no vaccine against
HIV and hepatitis C

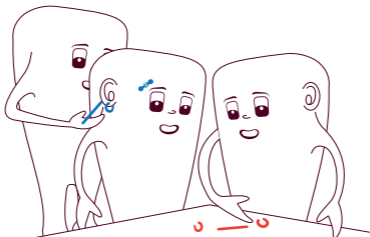
HIV/AIDS and Hepatitis B and C how can you reduce or avoid the risks?

tattooing



**use your own equipment
and disinfect it after each
time you use it**

OK NO RISK



piercing

HIV/AIDS and Hepatitis B and C

how can you reduce or avoid the risks?

how do you disinfect your equipment?

1 / water

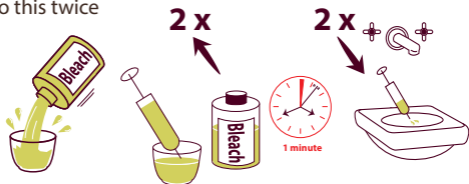
- rinse the syringe with plenty of water

2 / bleach

- fill the works with 12° bleach

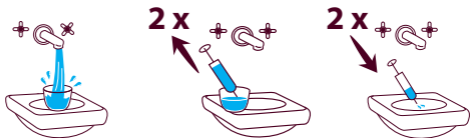
- leave for one minute and then flush

- do this twice



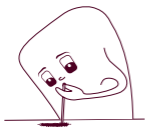
3 / water

- rinse the syringe with water at least twice

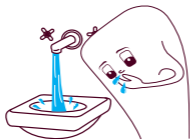


for more information make an appointment with the CSAPA (Centre de Soins d'Accompagnement et de Prévention en Addictologie - Addictology Prevention Support Care Centre) at the Unité Sanitaire (US - Health Unit)

HIV/AIDS and Hepatitis B and C how can you reduce or avoid the risks?

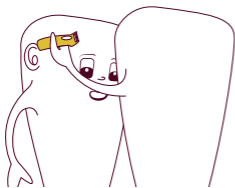


use a clean
surface



don't share
your straw

rinse your
nose properly
with water

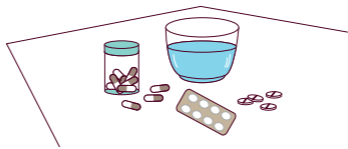


use the
comb on
the clippers

clean the equipment with bleach
between each cut or each shave:

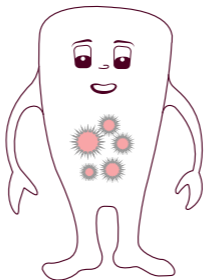
- soak the head of the clippers and any other instruments fully for 15 minutes,
- clean and brush
- rinse with water
- dry with a clean cloth

HIV/AIDS treatments



although there is no cure for HIV/AIDS,
there are treatments which
can help you to live
with the disease;

the drugs need to be taken for life



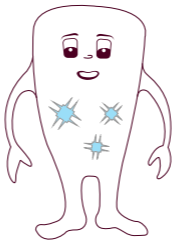
Hepatitis B and C treatments



although there is no cure for hepatitis B,
there are treatments which
can help you to live
with the disease;

the drugs need to be taken for life

25



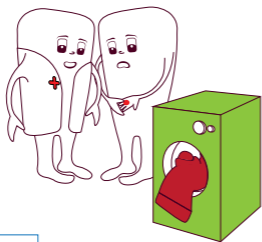
**there is a treatment
which can cure hepatitis C**

What is scabies?



a highly contagious skin parasite, which you can catch through: intimate, direct, prolonged contact (sheets, clothes, towel, etc.); it itches!

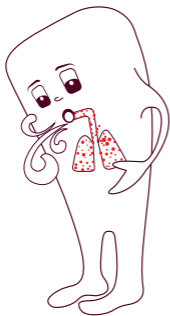
Scabies can be treated



go and see the US

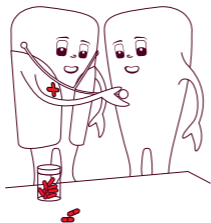
by treating the person and the people around him or her + disinfection of bed and other linen, clothes, etc.

What is pulmonary tuberculosis?



a highly contagious infection of the respiratory system due to Koch's bacillus which is airborne

Pulmonary tuberculosis can be treated



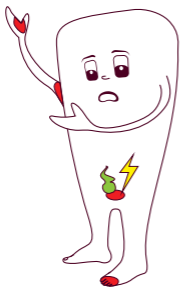
with an antibiotic treatment

there is a vaccine



go and see the US

What is mycosis?



a microscopic fungi on the skin (foot, hand, genitals, armpit, etc.) or on the mucous membranes (intestines, vagina, penis, mouth)
DOES IT ITCH? DOES IT STING? DOES IT BURN? DOES IT SMELL?



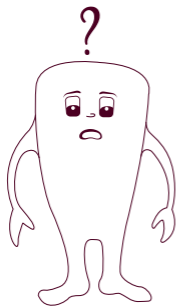
go and see the US

Mycosis how can you protect yourself?

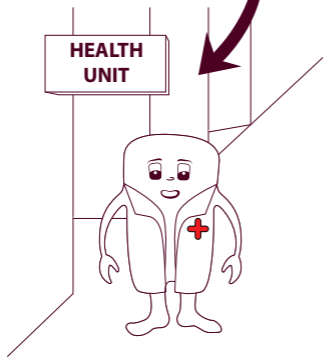
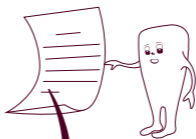


mycosis can be treated very easily ; to avoid it: good personal hygiene, dry the folds of the body and the skin between your toes properly, wear cotton underwear, protected sexual relations (condoms)

I've got a health-related question what should I do?



diet?
sleep?
toothache?
addictions?
misuse of drugs?
etc.?



Notes :

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Health directory

CONTRACEPTION – ABORTION	0 810 810 714
RED CROSS	99#111
DRUG INFO SERVICE	99#107 ou 0 800 23 13 13
ILLEGAL DRUGS	99#106 ou 0 800 15 20 00
ALCOHOL	0 811 91 30 30
CANNABIS	0 811 91 20 20

HEPATITIS INFO SERVICE	99#105 ou 0 800 845 800
HEALTH INFO RIGHTS <i>toll free number, costs vary depending upon the operator</i>	0 810 004 333
AIDS INFO SERVICE	99#109 ou 0 800 840 800
TOBACCO INFO SERVICE	39 89
DOMESTIC VIOLENCE	39 19



Anglais



Rights

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With the support of:



**Explanations of
symbols used**

6



Life inside

8



Getting ready for release

20



Life outside

28



Notes

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Directory of rights

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Prisoner on remand



Jl : Investigating Magistrate
PROC : Public Prosecutor



Convicted prisoner



JAP : Judge Responsible
 for the Enforcement of
 Sentences



Lawyer



**Office of the Clerk
 of the Court**



Penitentiary Administration Department



Detention Management Office

BGD

Warder



SPIP : Penitentiary Integration and Probation Department

SPIP

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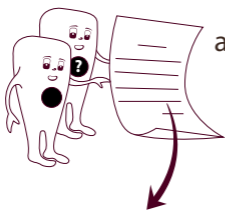
ULE : Local Teaching Unit



US : Health Unit



Write to make a request

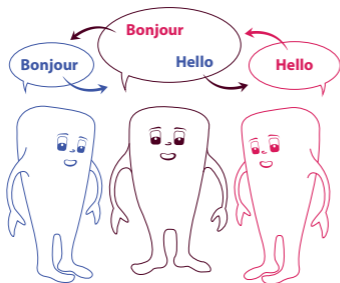


SPIP, Judges, Office of the Clerk of the Court, Prison Governor, School, Health Unit, Work mentor...

to make a request of any kind, write a letter to the relevant department

for official formalities (family reunification, transfer, etc.)
ask for proof of submission

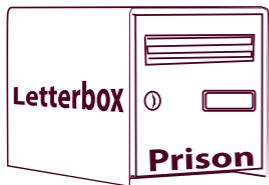
Langue



you can ask for a translator to help you

french language courses are given at the educational service

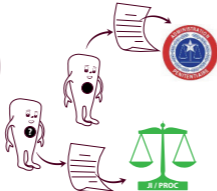
Domiciliation



if you do not have a home address of your own, you can ask for domiciliation at the prison for the purposes of any administrative formalities

9

Access to the telephone



confidential calls to your Lawyer, Controller General of places of detention and Upholder of Rights, call free for all numbers starting with # (list available next to the telephone)

convicted prisoner : request to the prison governor

prisoner on remand : request to the investigating magistrate

Formalities relating to your income



PLEASE NOTE:

inform the CAF (Family Allowances Fund) of your incarceration as soon as you arrive for the purposes of the following:

family benefits:

payment will continue for 2 months and then the family's circumstances will be reassessed

AAH (Disabled Adults Allowance):

100% payment will continue for 60 days. After this the total falls to 30% (continue to declare your income)

RSA (Earned Income Supplement):

payment will continue for 60 days (please note that any overpayments will have to be repaid)

Taxes



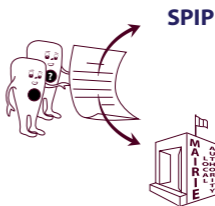
you will need to complete a tax return even if you have no income;

a late return can always be filed

SPIP

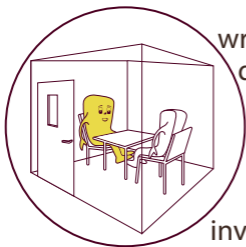
11

Marriage, PACS (Civil Solidarity Pact), birth



written application made either to the SPIP or straight to the local authority

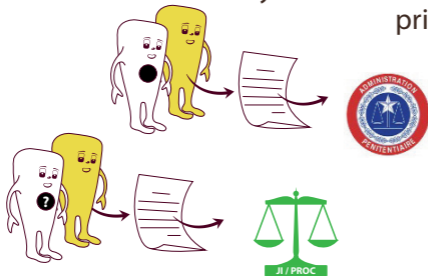
Visitor permits



the visitor applies in writing (any supporting documents requested must be provided the first time) :

either to the investigating magistrate if you are on remand

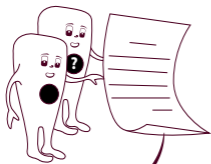
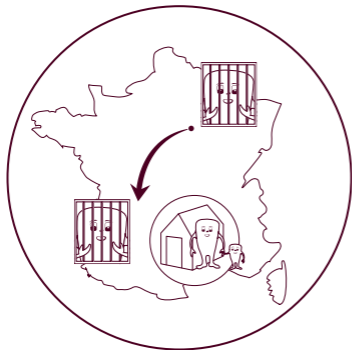
or to the prison governor if you are a convicted prisoner



for underage children visiting a parent in prison and if the child cannot be accompanied by an adult: talk to the

SPIP

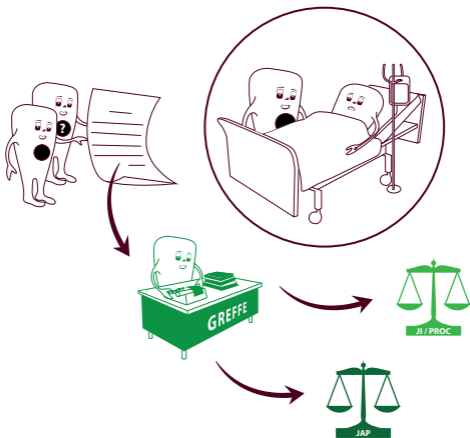
Family reunification



letter to
the governor ;
if there is
no answer
at the end of
2 months = refusal

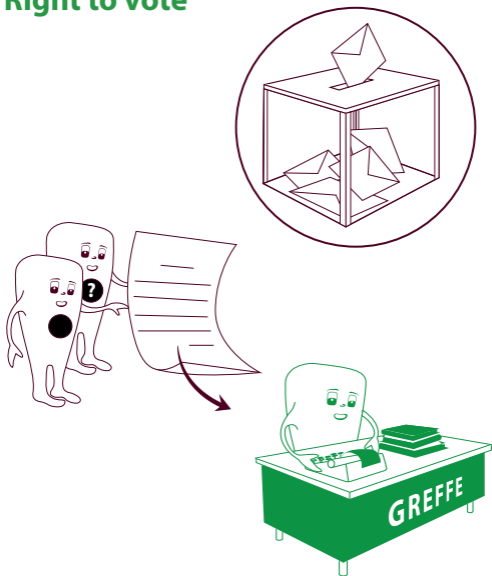
if permission is refused,
you have 2 months to
appeal to the Inter-
Regional Directorate for
Penitentiary Services

Release on temporary licence due to family circumstances (birth, death, illness)



you must have been sentenced to less than 5 years in prison or have served half of your sentence; in serious circumstances, a prisoner on remand or a convicted prisoner may apply for a temporary licence with an escort; in all cases the judge's agreement is required

Right to vote

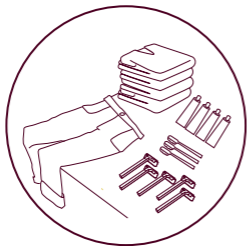


15

in order to be able to vote, you must be aged over 18, a French national, be entered upon the electoral roll and enjoy full civil and political rights

your will be given either a postal or a proxy vote

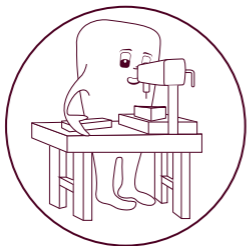
Help with everyday life



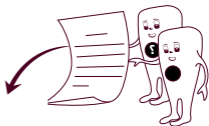
for prisoners who are destitute a number of grants are available (food, hygiene, clothing, access to activities, TV, etc.)



Access to work

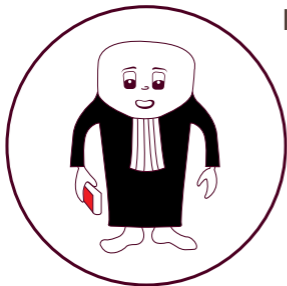


generally speaking, destitute prisoners have priority



Work mentor

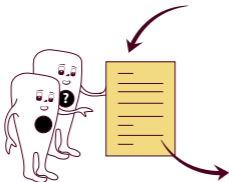
Access to a lawyer



list and addresses of lawyers in the area of the arrivals, at the visiting room for lawyers or at the registrar's office



SPIP



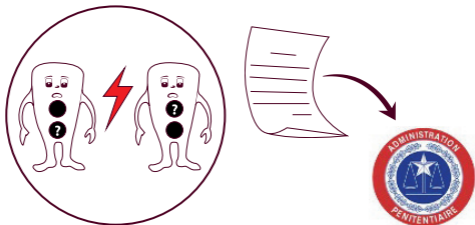
TGI

AJ = free Legal Aid form allows free assistance of a lawyer, and is granted in accordance to the income

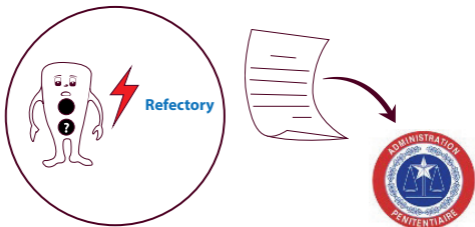
all detainees are entitled to AJ; send the application form to the Bureau d'Aide Juridictionnelle (Legal Aid Office) at the Tribunal de Grande Instance (TGI – Regional High Court)

I've got a problem with ...

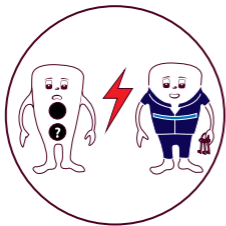
... a prisoner, write to



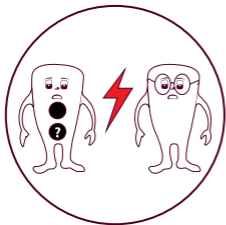
... the refectory, write to



... a warder, write to

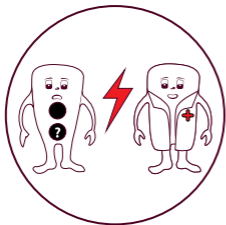


... the teacher, write to



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... a health professional, write to



Getting ready for release

to get ready for release,
make appointments:



with the SPIP

to help you
with the
administrative
formalities

with the US

for medical
supervision



SPIP



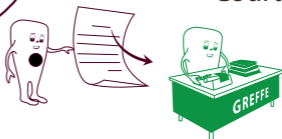
PLEASE NOTE

start getting ready for release
several months beforehand

Release on licence



you must be a convicted prisoner and within the legal time limits; write to the Office of the Clerk of the Court



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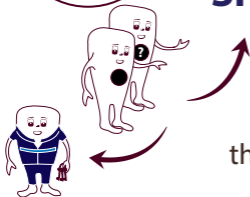
Identity photos



photographers may come

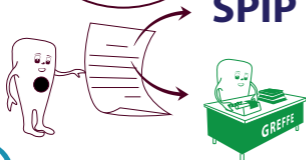
SPIP

ask the SPIP or the warders



prisoners must pay the cost of the photos themselves

Identity card



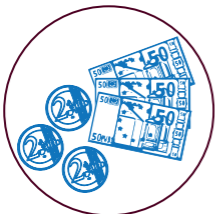
an identity card is needed for administrative formalities; to apply for a new identity card, write to the Office of the Clerk of the Court or to the SPIP

Residence permit / APS (Temporary Residence Permit)



if you are not subject to a deportation or expulsion order, you can apply either for a first residence permit or to renew your existing permit 2 months before it expires

Income



to receive benefits
upon release:

ARE

Allocation d'Aide au Retour
à l'Emploi (Back To Work
Allowance),

RSA

Revenu de Solidarité Active
(Earned Income Supplement),

AAH

Allocation Adulte Handicapé
(Disabled Adult Allowance)
etc.



SPIIP

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Tax notice



required
when
applying for
social aid
grants or
housing



SPIIP

Health / Health Insurance (CPAM - Primary Health Insurance Fund)



you remain entitled to the basic system for 1 year after release (for prisoners and beneficiaries) with the certificate issued by the Office of the Clerk of the Court upon release;



make sure you do not lose it because the Office of the Clerk of the Court does not issue any duplicates

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Health card (Carte Vitale)



I no longer have my Carte Vitale => ask the CPAM for a certificate for the doctor and the pharmacy;



and write a letter to apply for the card to be reissued

PUMA (Universal Health Protection) / CMUC (Complementary Mutual Health Insurance) / AME (State Medical Aid)

anyone working in a stable and regular way, is
entitled to the payment of his medical expenses ;
this is called PUMA

if your income < the legal limit, ask for CMUC at
the CPAM

if you do not have a residence permit, ask for
Aide Médicale d'Etat (AME)



25



SPIP

for people suffering from a long-
term illness (ALD – Long Term Health
Condition), 100% of the cost of treatment
and drugs is covered by the CPAM

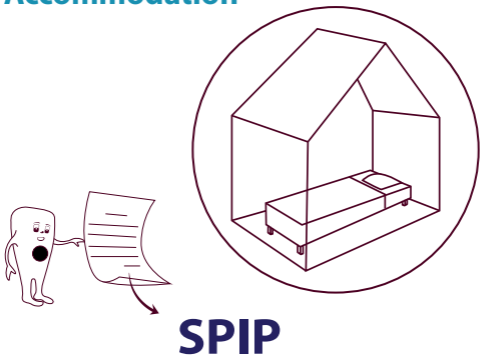
Reduced sentences



SPIP

be a convicted prisoner and fulfil the time limit conditions in order to apply for a reduced sentence (parole, work release, day parole, electronic tagging)

Accommodation



SPiIP

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There are various different bodies or organisations which can help you to find accommodation:

Maison de la Veille Sociale or SIAO
(Social Monitoring Centre),

Appartements de Coordination Thérapeutique
(ACT - Therapeutic Coordination Flats),

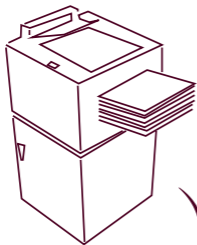
Centre d'Hébergement et de Réinsertion
Sociale (CHRS - Accommodation and Social
Reintegration Centre)

Associations (Appartements Relais)

Prison release document



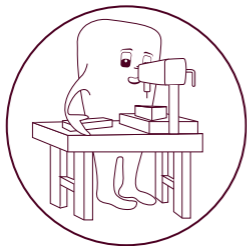
make photocopies of your prison release document because you will need it for the administrative formalities and you will not be able to get any duplicates once you have been released



...

inform social services of your release to reclaim entitlement

Employment



local mission for
people under
the age of 26



MISSIONS LOCALES
RHÔNE - ALPES



pole-emploi.fr

Pôle Emploi (Job Centre)
for people over the age of 26

with short sentences (4 months)
unemployment entitlement is
reactivated upon presentation of the
prison release document;

you need to re-register by
telephoning: 3949
or online at www.pole-emploi.fr

Notes :

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Annuaire droits

ARAPEJ
CIMADE Rhône-Alpes
33 rue Imbert-Colomès
69001 LYON

99#110 or 01 43 72 98 41
rhone-alpes@lacimade.org

DISP (Lyon) - Inter-Regional Directorate for Penitentiary Services
1 rue du Général Mouton Duvernet
BP 3009 - 69391 Lyon Cedex 03

EDF offers preferential tariffs for people who
have recently been released from prison:

for electricity
for gas

0 800 333 123
0 800 333 124

**Controller General
of Places of Detention
and Upholder of Rights**
BP 10301
75921 Paris cedex 19

01 53 38 47 80

OIP
International Observatory of Prisons
57 rue sébastien Gryphe
69007 Lyon

0 950 92 00 34

AIDS INFORMATION ON RIGHTS

0 810 636 636

RIGHTS ACCESS POINT
permanently staffed offices at:

www.annuaires.justice.gouv.fr