

A matter of hygiene

Objectives:

1. Discussing hygiene in prison as a common topic
2. Speaking about fears of infections
3. Looking for ways to deal with these fears

Duration: 90 minutes

No. of participants: Minimum 4, maximum 20

Material needed: flipchart

Exercise outline:

- Ask people about their fears of infection in prison (door handles, toilets, surfaces, kitchen, barber, cell changes, needles). Discuss (on the basis of chapter 2, 3 and 4 from course “Harm reduction in prison”) any possible genuine risks of infections and write the results in a flipchart (using the following structure).

Place, situation, object	Hep. A	Hep. B	Hep. A	HIV etc.
Toilet seat	X			
Door handle				

- Split up into small groups of four (two staff members, two inmates)
- Divide the results on the flipchart and give an equal amount of places, situations and objects to each of the small groups
- Ask the groups to discuss realistic and effective measures to reduce and prevent the infection risks involved in their part of the flipchart and work with a note taker;
- Ask the note takers to report back their plans for risk reduction measures
- Discuss the plans briefly

