



**STEPS**

Strengthening Prevention Services

# **GUIDE FOR MALE CORRECTIONAL FACILITIES**

South Africa Partners

Fostering Partnerships Between the United States and South Africa

# Stay healthy and live positively

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Stay healthy and avoid HIV, STIs and TB. HIV is spread by:

- Unprotected sex: anal, vaginal and oral
- Contact with HIV-positive blood: sharing needles, syringes and tattoo instruments
- Mother-to-child

Know the risks of sex workers, men having sex with men, multiple sexual partners.



**Be safe, avoid risks,  
and prevent the spread  
of HIV, STI's and TB**

# Test and treat health problems

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Get tested for HIV, STIs and TB and know that treatment is available to keep you healthy.

Being HIV-positive means you:

- Are infected with HIV and have produced antibodies
- Can spread HIV to others
- Will have HIV for the rest of your life
- Must take responsibility to not spread the virus to others and to keep living positively

Being HIV-negative means you:

- Do not have HIV as of six weeks ago
- Can be infected with HIV in the future
- Need to stay HIV-negative by practising safe sex and making other healthy choices



**Test for HIV and STIs  
and screen for TB**

# STEPS

## Eat healthy food

Eat a variety of foods for energy, strength and health:

- Carbohydrates and fats: potatoes, maize, rice, oil, sugar
- Proteins: meat, chicken, beans, eggs and milk
- Vitamin-rich fruit and vegetables: beetroot and pumpkin

Also drink lots of clean water and avoid caffeine, alcohol, smoking and drugs. Take care and stay healthy.



**Eat nutritious foods to stay healthy**

# STEPS

## Practice safe sex

Protect yourself and others by:

- Always using a condom correctly
- Limiting your number of sexual partners
- Being circumcised medically
- Not engaging in casual sex when your judgment is impaired by alcohol or drugs



**Practise safe sex and always use a condom**

# STEP

## Stay positive

- Get enough rest and sleep
- Stay fit through regular exercise
- Manage your stress
- Know that emotional and spiritual care are important too



**Take good care of yourself physically, emotionally, and spiritually**



**STEPS** supports offenders and staff members in correctional facilities by providing the knowledge and skills to prevent the spread of HIV.

**To learn more about STEPS contact**

Name:

Venue:

**For HIV testing contact**

Name:

Venue:



**correctional services**

Department:  
Correctional Services  
REPUBLIC OF SOUTH AFRICA



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