

You can live well with HIV

SAYFSM services will help you find direction and hope.

These programs and services are available for you at SAYFSM:

- Emotional and spiritual support group for Africans living with HIV
- HIV counseling and testing
- HIV/AIDS prevention education
- Prevention intervention and health education for HIV positives
- Culturally and linguistically sensitive educational materials
- Medical case management
- Care advocacy
- Mental Health Counseling
- Resources and referral for housing, employment, public assistance, food shelf, clothing, schooling, legal, household items, and other needs.

FREE HIV Testing Sites

SAYFSM ----- 651-644-3983
 Clinic 555 ----- 651-266-1255
 Red Door ----- 612-543-5555

Get Tested!

All testing and related services are free and available at the SAYFSM office.

SAYFSM tests blood using standard rapid HIV test kit/Oraquick kit that is performed by well-trained and certified staff members.



Call SAYFSM and talk to a staff member to schedule an appointment.

Test results in about 15 minutes.

Our address:

SAYFSM
2395 University Avenue, #200,
St. Paul, MN 55114

Telephone No.: (651) 644-3983
E-mail: info@sayfsm.org
Website: www.sayfsm.org

DONATIONS GLADLY ACCEPTED!

Yes! I would like to contribute to SAYFSM:
 \$100 \$50 \$25 other

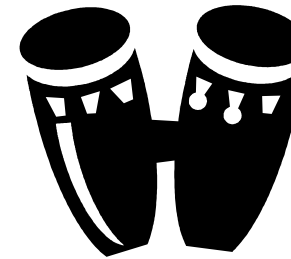
Please send your donation to:

SAYFSM
2395 University Avenue W, #200
St. Paul, MN 55114

Providing culturally appropriate services



Sub-Saharan African Youth & Family Services in Minnesota (SAYFSM) provides culturally sensitive and linguistically appropriate HIV/AIDS education and social services to all Africans in Minnesota.



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651-644-3983

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The Fight Against HIV/AIDS



Elder Daniel Basweti.

The United Central Seventh Day Adventist Church in collaboration with Sub-Saharan Africa Youth and family Services in Minnesota is actively involved in educating its members and the Brooklyn Park community in the fight against the HIV/AIDS pandemic.

As a church, we provide information to our members four times a month. The information is culturally sensitive and in a language that is appropriate and easy to understand. Through this, we target various categories of people based on age, gender, and vulnerability. We reach about 250 people monthly with education about how HIV is transmitted and prevention using condoms. As a church, however, we emphasize avoiding risky behaviors and abstinence till marriage and faithfulness to one partner as a sure way of fighting this pandemic.

We also have educated the members on issues of HIV/AIDS related stigma and voluntary testing to know their status. Our target audience is mothers, fathers, and children. It has been a challenge discussing HIV freely because of the cultural sensitivity of the subject. However, there is progress, and we are grateful to SAYFSM for the collaboration.

“... HIV does not spread by greeting others, hugging, and eating together.”

As the result of our consistent education, many in our audiences, especially the youth and singles who are sexually active, have responded positively to the teaching, have gone for testing, and know their HIV/AIDS status. We have taught the members that HIV does not spread by greeting others, hugging, and eating together. This has removed the fear among the people of getting infected with HIV when interacting with those already infected. They no longer stigmatize them but instead sit with them freely during the Church services as well as other social gatherings such as weddings, birthday celebrations, and holiday celebrations. This is a great step forward in the fight against HIV/AIDS. We have come to see the infected members open more to their brothers and sisters and feel loved and welcomed in the community because they are not being shunned by the community. The children can play together and make more friends.

The pandemic is still lingering, and we should not lose focus but rather seek more resources and double our efforts if we want to end this pandemic in 2030.

Elder Daniel Basweti, United Central SDA Church

Let's Fight HIV - not those living with HIV

People don't want to know if they have HIV, because they are afraid their family and community will judge and reject them. Everyone needs to know they will always be loved and supported even if they have HIV/AIDS.

The virus that causes AIDS is not spread through touch, saliva, tears, sneezing, coughing, or any type of casual contact. HIV is spread mainly through exposure to semen, vaginal fluid, anal fluid, blood, or breast milk from a person who is HIV positive.



From
SAYFSM Outreach
Coordinator
Fikru Eticha

We are all in this together

Thanks to recent advances, HIV testing is now quick and easy. The courage to get tested for HIV is all about taking responsibility for your health and caring for your community. It is particularly important to understand that the earlier we get tested, the easier it is to treat and care for those who test positive.

Everyone who gets tested will receive counseling before and after the test. The brief counseling and quick testing will give you an opportunity to know your HIV status and help you to make positive changes in your life.

If your test result is negative, the HIV testing and counseling will give you the power to stay free from the virus. You will leave the testing and counseling session with a clear and realistic plan on how to stay negative.

If your test result is positive, the counselor will help you get the medical care and support you need to live a long and healthy life. SAYFSM has many services available for Africans who are HIV positive and will provide you with the support you need to successfully meet your new challenge.

We are all in this together, and it is important that we be able to honestly address this issue in our communities. Take the first step: get tested for HIV. Then encourage your friends and family to do the same.

What do you need to know about HIV?

“Knowledge is better than riches.”
Cameroonian proverb

WHAT IS HIV/AIDS?

- **HIV is the virus that causes AIDS. It damages the immune system, which is the body's natural defense mechanism that protects our bodies from diseases and infections.**
- **After being infected, you can live for several years without having symptoms or knowing you have HIV and can pass it on to others.**
- **After being infected with HIV for several years, your immune system is severely damaged, and your infection progresses to AIDS.**
- **AIDS is the last stage of HIV.**
- **Only a doctor can diagnose AIDS.**
- **There is no vaccine or cure for HIV/AIDS.**
- **Treatment is available to help most people with HIV infection to live healthy and longer lives, even though they can still pass HIV on to others if protection is not used or they share needles.**
- **In order to benefit from treatments, knowing your HIV status early is crucial. You can know the status of your HIV only by getting tested for HIV.**

**HIV does not discriminate!
Anyone can get HIV!**