

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.

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

Thank You!!

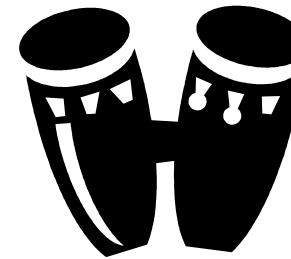
FREE HIV Testing Sites

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

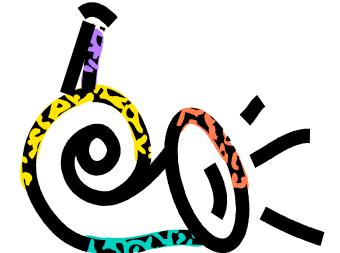
Providing culturally appropriate services



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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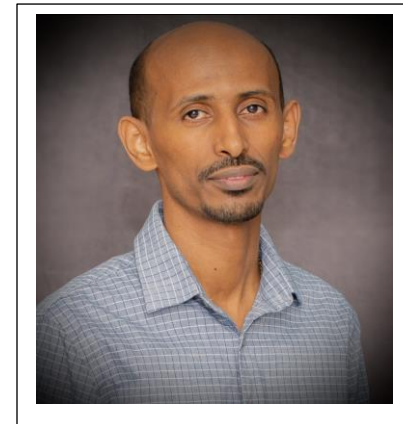
St. Paul, MN

651-644-3983

www.sayfsm.org

info@sayfsm.org

Know your HIV status



Yoseph Geleta

HIV, the virus that causes AIDS (acquired immunodeficiency syndrome), is one of the world's most severe health and development challenges. According to United Nations Program on HIV and AIDS (UNAIDS), approximately

38.4 million people across the globe are living with HIV, majority of them (73.8%) living in Sub-Saharan Africa. 1.5 million individuals worldwide are infected with HIV every year.

HIV primarily affects those in their most productive years, and it not only affects the health of individuals but also impacts households, communities, and the development and economic growth of nations

New HIV infections and the effort to ensure everyone infected gets access to treatment is still challenging. Many people living with HIV or

at risk for HIV infection do not avail themselves to available preventive methods, treatment, and care HIV is present in an infected Person's blood products, semen, vaginal fluids, and breast milk.

HIV is transmitted through unprotected sexual contact, sharing infected needles e.g., Injecting Drug users, direct contact with or transfusion of infected blood, and from mother to her unborn child during birth, or through breastfeeding. Men who have sex with men, people who inject drugs, sex workers, transgender people, and prisoners are disproportionately affected by HIV.

People who inject drugs have a 35 times greater risk of HIV infection than adults who do not use injection drugs; African-born/African American and Hispanic/Latino are also disproportionately affected by HIV.

Numerous prevention interventions exist to combat HIV. Effective prevention strategies include behavior change condom use, HIV

testing, and harm reduction efforts for injecting drug users.

Although HIV testing access has increased over time, a significant number of people do not know their HIV status. United States of America has a goal that at least 95% of those living with HIV know their HIV status by 2025, and remain at 95% by 2030,

People who are living with HIV/AIDS can enjoy prolonged and productive life, get married, and raise families. There are life-prolonging HIV treatment medications and medications that treat opportunistic infections that are directly or indirectly related to HIV infection.

Knowing your HIV status through simple HIV testing will give you peace of mind and greatly help to halt the spread of HIV.

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.



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!**