

### 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](mailto:info@sayfsm.org)  
Website: [www.sayfsm.org](http://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!!

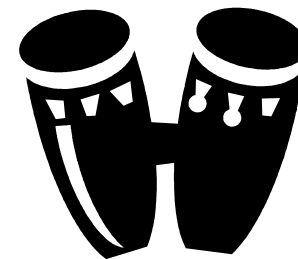
### FREE HIV Testing Sites

- 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.



# Mbiu



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651-644-3983

[www.sayfsm.org](http://www.sayfsm.org)

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## HIV/AIDS IS NOT A DEATH SENTENCE



Yoseph Geleta

While HIV/AIDS used to be considered as a death sentence, today's modern treatments make it possible for people living with HIV to live longer and healthier lives;

it's not too late to start treatment; it's important to stick to treatment and take good care of yourself.

HIV and AIDS are not the same, HIV is a virus that weakens the immune system that can cause inflammation and damage to the body, making it harder for your immune system to fight off other diseases. If left untreated, HIV can eventually lead to AIDS, known as acquired immunodeficiency syndrome. Living with HIV does not mean it has to progress to AIDS; sticking to treatment can help to live longer and healthier life.

The only way to know your HIV status is to get tested. Knowing your status gives you powerful

information to keep you and your partner healthy. Center of diseases control (CDC) recommends, everyone between the ages of 13 and 64 get tested for HIV at least once as part of routine health care, and more often if you do things that might increase your risk for getting HIV. Even if you are in a monogamous relationship, you should find out for sure whether you or your partner has HIV.

If your test result indicated that you have HIV in your blood, you can take medicine to treat the virus. HIV treatment reduces the number of HIV in your blood (viral load).

Taking HIV treatment as prescribed can make the viral load low that a test can't detect it (undetectable). keeping an undetectable viral status (being virally suppressed) is the best way to stay healthy and protect others.

If your test result turns non-reactive (negative) while you had reactive (positive) test result in the past, you are virally suppressed, that means HIV test may not detect the virus in your blood, but you must continue to take your medication as prescribed.

Dealing with an HIV diagnosis can be challenging, it's still important to process your emotions and learn about HIV and the treatment options available—then prioritize treatment.

You may feel many emotions—sadness, hopelessness, or even anger. So, it's incredibly important to process those thoughts and feelings. it's also important to start treatment as soon as possible because HIV/AIDS can be treated effectively with today's modern treatments (CDC).

### 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!**