

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!!

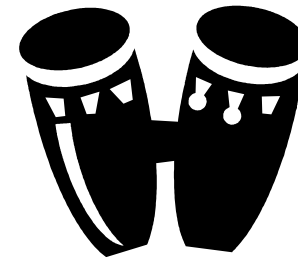
FREE HIV Testing Sites

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

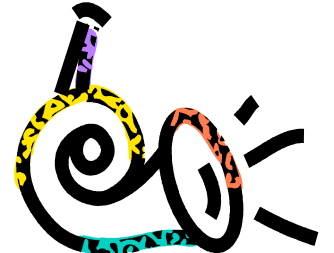
Providing culturally appropriate services



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.



Mbiu



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651-644-3983

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Neither a gift nor a curse



Pastor Fikru Eticha

Even though HIV/AIDS has been around for more than four decades, surveys and research show that many people still have not yet fully understood the basic facts of HIV/AIDS.

Some of these basic facts are, the difference between HIV and AIDS, mode of HIV transmissions, HIV prevention measures, and the treatments and care available for those who are already infected with HIV.

Lack of understanding of such basic HIV/AIDS facts inevitably lead some people to stigmatize and discriminate those who are living with the virus. Even though there is no effective cure for HIV/AIDS currently, HIV/AIDS is not a death sentence. Modern technologies have brought various life prolonging medications and cares for those already infected.

Currently people who are living with HIV, who adhered to the available treatment and care are leading productive life and has all the privilege of life everyone else has. At the same time prevention and harm reduction resources are also available.

According 2021 Sub-Saharan African Youth and family services community knowledge assessment survey on HIV/AIDS facts, considerable number individuals believe that HIV is a curse from God and those who are living with HIV/AIDS should be ashamed of themselves. Such misunderstanding and misconception inevitably lead some people to stigmatize and discriminate those people who are living with the virus.

HIV is neither a gift nor a curse from God to human being, but it is a virus that infect human body to cause the disease called AIDS.

Stigma and discrimination always discourage those people who are living HIV/AIDS from coming out and share their experiences to the public.

When we talk about HIV infection, we should not forget other sexually transmitted infections that are more closely linked to HIV infection. Having other sexually transmitted disease can make it easy to get HIV and vice versa.

Everyone is encouraged to get tested for HIV and screened for other sexually transmitted infections.

It is very important to have enough information about the basic facts about HIV/AIDS, its prevention and care available for those who are infected with HIV. HIV/AIDS prevention and care resources can be accessed by asking your primary health care providers, African community-based agencies primarily working on HIV/AIDS and related infections; faith-based organizations and community centers that are actively providing health educations.

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!**