

### 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!!

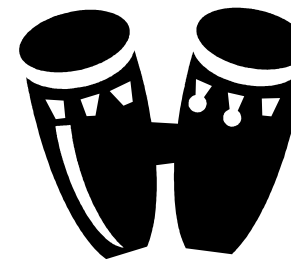
### FREE HIV Testing Sites

- 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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## Take control of your Health: Get tested for HIV Today!



**Dr Gari Jaleta**

HIV/AIDS is a serious health condition that affects millions of people around the world. However, the good news is that with early detection and proper medical care, individuals living with HIV/AIDS can lead a long and fulfilling life.

By getting tested, you not only protect your own health but also contribute to the collective effort of preventing the spread of the virus.

Here are a few reasons why HIV testing is so crucial:

1. **Early Detection:** Testing helps identify HIV infection at an early state, enabling prompt medical intervention and access to life-saving treatments. Early diagnosis allows for better management of the virus and helps maintain a healthier immune system.

2. **Peace of Mind:** Knowing your HIV status can provide a sense of relief and peace of mind. Whether the test result comes back negative or positive, you will have the knowledge to make informed decisions about your health and take appropriate steps moving forward.
3. **Prevention and Protection:** Testing is an essential part of HIV prevention. If you test negative, you can educate yourself about safe practices such as practicing safe sex, using condoms, and considering pre-exposure prophylaxis (PrEP) if you are at high risk. If you test positive, you can access treatment options and adopt measures to prevent transmitting the virus to others.
4. **Empowerment and support:** Testing positive for HIV doesn't mean the end of the world. Today, there is a wealth of resources, support groups, and medical advancements available to help individuals live fulfilling lives with HIV. Getting tested empowers you to seek the care and support you may need while connecting with a community that understands your experiences.

Remember, getting tested for HIV is a confidential process, and healthcare providers are trained to ensure your privacy and comfort throughout the testing and counselling process. By taking this step towards knowing your HIV status, you are demonstrating a commitment to

your well-being and the health of those around you. Together, we can create a world where HIV is better understood, properly managed and ultimately under control.

Remember once again, knowledge is power, and your health is worth prioritizing. Take the brave step today and get tested for HIV. You deserve to live a healthy and fulfilling life.



## Living healthy with HIV.

### What can I do to live a healthy life with HIV?

When living with HIV, it's not only important to take your HIV treatment as prescribed. It is also important for you to continue to focus on yourself and your overall health.

To do that, it's important to consider all the things that are a part of healthy living. Some of these include emotional, mental, financial, physical, and social.

Taking care of yourself is an important way to help you live a healthier life with HIV.



### What are some things that can help me live with HIV?

Talking to your healthcare provider about an HIV treatment plan that fits into your routine is one way to help you stick with treatment, which can help you live a longer and healthier life.

### How do I manage my HIV treatment journey?

Everyone experiences ups and downs. Being mindful of your mental health is an essential part of managing your HIV. Just know there are resources and people available to support you so that you never have to feel alone in this journey.

### What does undetectable mean?

A major goal of HIV treatment is getting your viral load to undetectable. Undetectable means that there is so little virus in the blood that a lab test can't measure it. If you have questions about your lab results, talk to your healthcare provider.

For many people living with HIV, getting to an undetectable viral load is a key step in their treatment journey. But starting and sticking with treatment is the only way to get there. And reaching that milestone can provide important health benefits for you and others within the community. So, stick with it to help you stay on track and be proud that you are taking steps to manage your HIV.