

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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651-644-3983

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Combating Commercial Tobacco Use in African Immigrant Community living in Minnesota



Yoseph Geleta

Our community faces a significant challenge: the increasing prevalence of commercial tobacco use, particularly among African immigrants. As an organization dedicated to commercial tobacco control, we understand the complexities of this issue and are actively working to address it.

The array of commercial tobacco products in the United States, including electronic cigarettes, is vast and often unfamiliar to many African immigrants.

This unfamiliarity can lead to unintended exposure to commercial tobacco, especially among younger community members.

Cultural perceptions from our homelands, where certain tobacco uses may not be seen as harmful, further complicate this issue. These perceptions can influence how commercial tobacco use is viewed and managed within families.

Moreover, language barriers and limited access to comprehensive health education can obscure the understanding of commercial tobacco's risks. This is particularly true for newer commercial tobacco products, such as e-cigarettes, whose harmful effects may not be immediately recognized.

Adapting to a new culture, coupled with the stresses of financial and social challenges, can also lead some community members to turn to smoking as a coping mechanism.

To tackle these challenges, we are launching targeted public health initiatives that cater specifically to the needs of our community. Our programs are designed to educate about the various forms of commercial tobacco and their health risks, with a strong emphasis on culturally sensitive prevention and cessation strategies.

Engaging community and religious leaders is a critical component of our approach. Their respected positions enable them to effectively disseminate information about the dangers of commercial tobacco use and encourage healthier lifestyles. By incorporating health messages into community events and religious services, we ensure these important messages resonate widely.

Our efforts go beyond raising awareness; we strive to create a supportive environment where making healthy choices is encouraged, leveraging the strength of our communal ties and respect for tradition.

Together, we can reduce the impact of commercial tobacco in our community, safeguarding our collective health and setting a positive example for future generations.

New evidence supports parents living with HIV.

Breastfeeding helps babies grow and develop. Previously, there was concern about HIV transmission through breastfeeding. This is changing. Leading health organizations, like the World Health Organization and HHS, now recommend breastfeeding for mothers living with HIV who are taking antiretroviral therapy and have an undetectable viral load.

There are new guidelines for mothers living with HIV. Thanks to years of advocacy and research, the Department of Health and Human Services (HHS) shared new rules for how doctors should discuss breastfeeding with their patients.

The new guidelines:

- Remove language discouraging breastfeeding.
- Reflect current research about the low chance of HIV transmission through breast milk when the mother is taking effective HIV treatment.
- Discuss benefits of breastfeeding
- Encourage shared decision making between doctors and patients.

If you are a new or expecting mother, please talk about this information with your doctor. You can also visit the Well Project (www.thewellproject.org) for more information. The Well Project is a non-profit organization that is working to advance research on breastfeeding and HIV. Their website has videos, research posters, and factsheets for parents living with HIV.

Long COVID: Understanding Persistent Symptoms

Approximately one in 10 COVID-19 patients experiences persistent symptoms, commonly referred to as **Long COVID**.

Acute Symptoms:

- Shortness of breath
- Cough
- Myalgias
- Disturbances in the sense of taste and smell
- Fatigue
- Fever
- Chills
- Less common symptoms include rhinitis and gastrointestinal issues.

In contrast, Long COVID, a term coined by patients themselves, encompasses both post-acute symptoms (lasting more than three weeks) and chronic symptoms that endure for more than 12 weeks. This condition represents a complex multisystem disease with causes that remain unknown, and its manifestations partially overlap with the acute presentation of COVID-19.

Key Points About the Current COVID-19 Vaccine:

Not Sold Online:

COVID-19 vaccines are not available for purchase online. Any sales of these vaccines over the internet, including through online pharmacies, are not legitimate. Vaccines are typically distributed through authorized channels and administered at official vaccination centers.

Not Taken Orally:

COVID-19 vaccines are not administered orally, and they do not come in the form of capsules or tablets. Instead, they are typically administered via injection.

Administered by Licensed Healthcare Professionals:

COVID-19 vaccines can only be administered by licensed healthcare professionals at designated vaccination centers. These centers may include doctors' offices, authorized pharmacies, outpatient clinics, specific vaccination locations, and hospitals. It is essential to receive the vaccine from qualified healthcare providers to ensure its safety and effectiveness.