

### 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!!

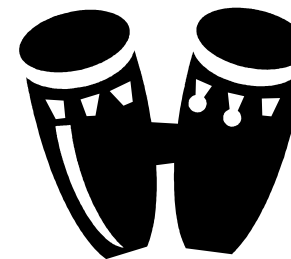
### FREE HIV Testing Sites

- 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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## Addressing Health Disparities Among African Immigrants in Minnesota



**Gemed Bultum**

Minnesota, a state known for its vibrant diversity, is home to a growing population of African immigrants who bring unique cultures, talents, and experiences. However, amidst this tapestry of diversity, there exists a concerning issue that needs attention

– health disparities within the Black immigrant community. These disparities are not isolated but rather a part of the larger health equity crisis facing the United States. The Black immigrant population, including those from African, Caribbean, and Afro-Latinx backgrounds, encounters multiple challenges, such as limited access to healthcare, cultural barriers, and discrimination.

One significant concern is access to quality healthcare. Many African immigrants may lack health insurance or be unaware of available services. This often leads to delayed or insufficient medical care, impacting overall health outcomes. We must strive to bridge this gap by ensuring that healthcare information is readily accessible and culturally competent.

Cultural competence in healthcare is paramount. Language barriers and unfamiliarity with Western medical practices can lead to misdiagnoses and inadequate treatment.

It's essential to promote cultural competency training for healthcare providers, facilitating better communication and understanding between patients and practitioners. Discrimination, often compounded by racial and ethnic biases, can deter African immigrants from seeking medical attention. Ensuring that healthcare facilities and providers adhere to anti-discrimination policies and provide an inclusive, welcoming environment is essential for improving overall health outcomes.

The community must take an active role in reducing these health disparities. Initiatives like community health fairs, where culturally sensitive information is provided, can help educate African immigrants about available healthcare resources. Community engagement and advocacy play a crucial role in addressing these disparities. Local organizations, community leaders, and healthcare providers can work collaboratively to create culturally sensitive healthcare environments, educate the community about available resources, and advocate for policy changes that promote health equity.

Health disparities facing African immigrants in Minnesota are a critical issue that requires our collective attention and action. By fostering a more inclusive, informed, and empathetic healthcare system, we can work towards a healthier and more equitable future for all members of our diverse community.

By encouraging open dialogue and mutual support, we can foster a healthier future for Black immigrants in Minnesota, where their health and well-being are valued and protected.



### 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.