

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!!

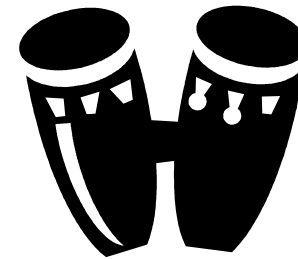
FREE HIV Testing Sites

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

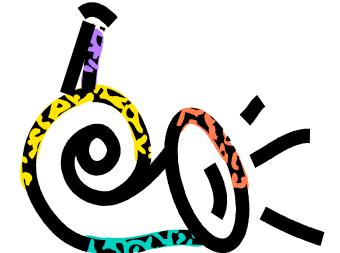
Providing culturally appropriate services



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



A newsletter of SAYFSM

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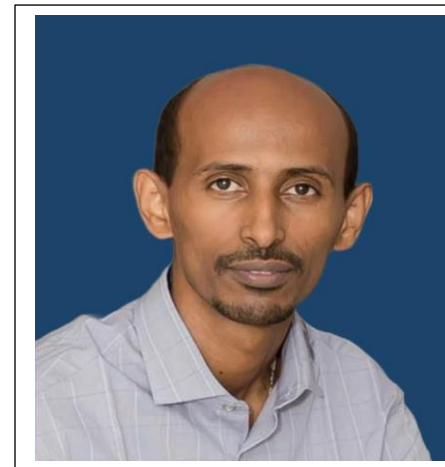
St. Paul, MN

651-644-3983

www.sayfsm.org

info@sayfsm.org

U Equals U



Yoseph Geleta

six months and take antiviral therapy (ART) medications as prescribed, **do not transmit HIV to sex partners.**

People living with HIV cannot transmit the virus if they have an “undetectable” viral load. U=U transforms what it means to live with HIV.

A diagnosis of HIV was once presumed to be fatal, and many lived in fear of transmitting the virus to others. This contributed to decades of stigma for those living with HIV.

The U=U campaign hopes to spread awareness that medications for HIV are extremely effective. If you are a person living with HIV and the virus level in your blood is suppressed by effective treatment, you cannot pass on the virus to others. This campaign was launched after three large studies on sexual transmission of HIV were performed in thousands of Sero discordant couples (meaning one partner was living with HIV and the other was not).

U=U means “undetectable equals untransmittable.”

More specifically, it means that People living with HIV who have durably suppressed their viral load to an undetectable viral load for at least

Not a single case of HIV was transmitted from someone who was virally suppressed to his or her HIV-negative partner.

Remarkably, this held true for all people living with HIV, including heterosexual women, heterosexual men, and men who have sex with men. It represents a dramatic shift from decades of fear experienced by those living with HIV. Now, people living with HIV can live long, healthy lives with no chance of passing on the virus to others if they are on appropriate treatment.

The amount of the virus found in the blood is known as the HIV viral load. Research shows that having high levels of virus in the blood is associated with a greater risk that people will transmit the virus to others.

If you have HIV, taking medication every day as directed by your healthcare provider helps to suppress the HIV viral load and keep it suppressed. Medications to treat HIV can be taken daily for years with few side effects. It is important to work with a primary care provider or infectious disease specialist to make sure the virus is being treated correctly.

For now, there is no cure for HIV. It is a lifelong condition that requires treatment every single day to keep the virus suppressed. As long as the virus is suppressed, you are unlikely to have serious complications or infections and can go on to live a healthy life that are effective for you every day and working with your HIV provider.

The risk that you will transmit HIV goes up substantially if you miss doses of HIV medicines or stop taking them.

It's important to know that HIV treatment does not keep people from passing on other (STIs). Wearing condoms reduces the risk of passing on other STIs like chlamydia, gonorrhea, syphilis, and hepatitis C. Additionally, for people who are HIV-negative, there are effective medications to help prevent HIV called PreP.

If you are living with HIV, it is important to talk with your healthcare provider about what treatment is best for you and get specific advice. They can also answer questions about your partner or partners, and any questions you might have about living with HIV.

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!**