

Positive Advocate

Winter 2011

A publication of the Affected Communities Committee of the HIV Health Services Planning Council

National HIV/AIDS Strategy

Released July 13, 2010

Get your copy at:

<http://www.aids.gov/federal-resources/policies/national-hiv-aids-strategy/nhas.pdf>

The Strategy identifies key action steps and core metrics with quantitative targets that we will strive to achieve over a five year period, from 2010-2015.

The key goals of the Strategy are:

- Reduce the number of new HIV infections
 - Intensify HIV prevention efforts in the communities where HIV is most heavily concentrated.
 - Expand targeted efforts to prevent HIV infection using a combination of effective, evidence-based approaches.
 - Educate *all* Americans about the threat of HIV and how to prevent it.
- Increase access to care and improve health care outcomes for people living with HIV
 - Establish a seamless system to immediately link people to continuous and coordinated quality care when they are diagnosed with HIV.
 - Take deliberate steps to increase the number and diversity of available providers of clinical care and related services for people living with HIV.
 - Support people living with HIV with co-occurring health conditions and those who have challenges meeting their basic needs, such as housing, nutrition, etc.
- Reduce HIV-related health disparities & inequities
 - Reduce HIV-related mortality in communities at high risk for HIV infection.
 - Adopt community-level approaches to reduce HIV infection in high-risk communities.
 - Reduce stigma and discrimination against people living with HIV.
- Achieving a more coordinated national response to the epidemic
 - Increase the coordination of HIV programs across the Federal government and between federal agencies and state, territorial, tribal, and local governments.
 - Develop improved mechanisms to monitor and report on progress toward achieving national goals.



Preventing Infections During Travel

Excerpted from: <http://www.cdc.gov/hiv/resources/brochures/travel.htm>

For people with special health needs, traveling can be risky. If you have human immunodeficiency virus (HIV), the virus that causes AIDS, you should have all the facts. Travel, especially to developing countries, can increase your risk of getting opportunistic infections. (They are called “opportunistic” because a person may get the infection when their weakened immune system gives it the opportunity to develop.) The best thing you can do when you travel is to know the medical risks and to take steps to protect yourself.

Before You Travel:

Talk to your doctor or an expert in travel medicine about the health risks in the area you plan to visit. The doctor/expert can tell you how to keep yourself healthy when traveling to places where certain illnesses are a problem. They can also tell you about places that might not be safe for you to visit. Ask them if they know of doctors who treat people with HIV in the region you plan to visit.

Common Problems:

- Diarrhea is a common problem. Carry a supply of medicine to treat it. Talk to your doctor about what medication would be appropriate for you to carry/use for treatment.
- Insect-borne diseases are also a major problem in many areas. Use insect repellent that contains 30% or less “Deet”. Plan to sleep under a mosquito net, preferably one “treated” if you are in places where there is malaria or dengue fever. Avoid places where yellow fever is found.
- Find out if you need to take medicine or get special vaccinations before you travel. Your doctor will know which vaccines are safest for you and know the best ways to protect yourself.
- If you are leaving the United States, make sure you know if the countries you plan to visit have special health rules for visitors. These rules can include vaccinations that may not be safe for people living with HIV/AIDS.
- If you have medical insurance, check to see what it covers when you are away from home. Many insurance plans have limited benefits outside the United States.
- Remember to take along proof of insurance when you travel.



Dining While Traveling:

Food and water in developing countries may not be as clean as they are at home. They may include bacteria, viruses, or parasites that could make you sick.

Do not eat

- Raw fruit and vegetables that you do not peel yourself
- Raw or undercooked seafood or meat
- Unpasteurized dairy products
- Or anything from a street vendor
- Do not use tap water, drinks made with tap water, or ice made from tap water or unpasteurized milk.

Safe food and drinks include:

- Steaming-hot foods
- Fruits that you peel yourself
- Bottled (especially carbonated) drinks
- Hot coffee or tea
- Water that you bring to a rolling boil for 1 full minutes.



Women and HIV:

<http://www.cdc.gov/hiv/resources/brochures/travel.htm>

HIV Surveillance data from 2009, indicates that 24% of all diagnoses of HIV infections in the United States were adult women and adolescents in 40 states with long-established, confidential name-based reporting. Black and Latina women are disproportionately affected at all stages of HIV infection compared to women other races/ethnicities.

The most common method of transmission is high-risk heterosexual contact. Some women become infected because they are unaware of a male partner's risk factors for HIV infection or have a lack of HIV knowledge and believe they are not at risk.

Injection drug use is the other most common method of transmission for women. Sharing injection equipment contaminated with HIV increases risk.

UPCOMING EVENTS:



November 22: HIV Medical Update at UC Davis

November 23: Thanksgiving Feast at Antioch Progressive Church from 10-4 p.m, 7650 Amherst St, Sacramento, CA

November 27: World AIDS Day Gospel Concert at Antioch Progressive Church from 3-6 p.m. 7650 Amherst St., Sacramento, CA. Includes music, food, raffles and HIV/AIDS Awareness. Childcare provided for children ages 5-12.

December 1: World AIDS Day Art of Survival at Kennedy Gallery from 11-6 p.m., 1114 20th Street, Sacramento, CA

December 1: World AIDS Day: Getting to Zero at Sacramento City College, from 12-1p.m. in the Campus Quad, hosted by the Zephyr Foundation and SCC Health Services

December 2: World AIDS Day event at the Guild Theater, from 4-6 p.m., 2828 35th Street, Sacramento, CA. Event includes free makeovers from 4-6 and speakers, award presentations, food, education and other activities from 6-8 p.m.

December 19: Dinner with the Dietitian, at the CARES Clinic, 1500 21st Street, Sacramento.

SURVIVING THE HOLIDAYS—DRUG FREE

By Dalene Ingraham

The upcoming holidays can be very stressful and depressing. Memories from the past, both good and bad are bound to pop up. Family, no family, family and friends that won't accept us for who and what we are, can all be very painful. One of the ways people often deal with pain is to turn to mood altering chemicals (drugs and alcohol) and if you are in recover, that's not a good thing. Here is a list of suggestions that can help you get through the holidays without relapsing.

1. Keep support names and numbers in your phone (preferably on speed dial).
2. Let your support know what's really going on with you.
3. If you're going to a function that will be serving alcohol, take support with you.
4. Always have an exit plan or an alternate way home.
5. Know what your triggers are and try to avoid them.
6. Talk with your therapist or AOD counselor.

Relapse is common during the holidays, but it doesn't have to be you!

SISTERS
|N
SURVIVAL Through



PRESENTS...

"  **ART OF SURVIVAL** "

 **ART SHOW**

On...

World AIDS Day

December 1st, 2011

11am-6pm

At Kennedy Gallery

1114 20th St

Sacramento, CA

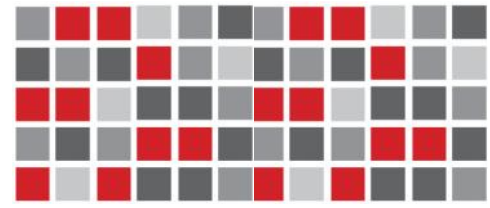
For More Information:

Jennifer (916) 440-0889 Email: Jennifer@sunburstprojects.org

Dalene (916) 821-2860 Email: DaleneHIV@yahoo.com



Back Page



The **POSITIVE ADVOCATE** Newsletter is a quarterly information and outreach project. We welcome submissions from the affected community. For additional information about the Affected Communities Committee (ACC), HIV Health Services Planning Council (HHSPC), or this newsletter, contact: Paula Gammell at 916-876-5548

www.sacramento-tga.com

The **Affected Communities Committee** addresses issues facing the HIV/AIDS community and advises the Planning Council on affairs of the community. The mission of the committee is to recruit, empower, and involve people living with HIV/AIDS in the strategic planning and advocacy of HIV/AIDS care and services. These goals will be accomplished with the assistance of the Council support staff toward the fulfillment of its mission. The committee encourages an environment of trust and safety in achieving its mission.

RYAN WHITE CARE ACT SERVICE PROVIDERS

AIDS Housing Alliance/Avalón - housing & hospice
PO Box 161908, Sacramento, CA 95816
916.579.0896

Breaking Barriers - advocacy, homeless, transportation
2210 21st Street, Sacramento, CA 95818
916.447.2437

CARES - all-in-one HIV medical care and support services
1500 21st Street, Sacramento, CA 95811
916.443.3299

CommuniCare - HIV medical care and support services
500-B Jefferson Blvd, Suite 195,
West Sacramento, CA 95605
916.443.3299

Harm Reduction Services - Medical case management,
Outreach and Testing
4001 12th Avenue, Sacramento, CA 95817
916.456.4849

Sierra Foothills AIDS Foundation - HIV/AIDS services
serving both El Dorado and Placer Counties
12183 Locksley Lane, Suite 205, Auburn, CA 95602
530.889.2437

Sunburst Projects - childcare, respite, and support
1025 19th Street, Suite 1A, Sacramento, CA 95811
916.440.0889

Sutter "We CARE" - women's services & support
5151 F Street, 2 South, Sacramento, CA 95819
916.733.1750

The Effort - mental health services, substance abuse
8233 E. Stockton Blvd, Suite D, Sacramento, CA 95828
916.368.3080

UCDMC Pediatric Infectious Disease - HIV+ children
2516 Stockton Blvd., Ticon II, Sacramento, CA 95817
916.734.7618