



Positive Advocate

Fall 2020

A publication of the Affected Communities Committee of the HIV Health Services Planning Council
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Preparing for Fall and Winter Amidst COVID-19

Submitted by: Central Valley and Northern Interior AIDS Education & Training Center

As the weather begins to change and health care professionals begin to embrace the influenza season amidst COVID-19, providers must start initiating conversations with their clients/patients on the importance of preparing for what could be an excruciating fall and winter. Although people with HIV who have developed COVID-19 have had an excellent prognosis, the Office of AIDS Research (2020) emphasizes that research on the development of COVID-19 continues to evolve; thus, all persons with HIV must be warranted. As you begin planning for what could be a busy fall and winter, below are five topics of discussion to have with your clients/patients the next time you meet (*please refer to the sources below for additional topics to consider*):

Vaccination: Is the individual's influenza and pneumococcal vaccinations up to date? If not, schedule a medical visit as soon as possible. According to the Centers of Disease Control and Prevention, getting the flu vaccine amidst COVID-19 is *exceptionally* critical for people living with HIV during the cold and flu season (CA Department of Public Health, 2020; The HIV Treatment of Journal of TPAN, 2020)

Antiretroviral therapy: The Interim Guidance for COVID-19 and Persons with HIV (Office of AIDS Research, 2020) recommends persons with HIV to maintain on-hand at least a 30-day supply, but **ideally** a 90-day supply

Avoid exposure: Encourage the individual to have a conversation with his/her/their pharmacists and/or health care providers regarding mail-order delivery of medications, along with telephone or virtual visits for routine and/or non-urgent care (Office of AIDS Research, 2020)

Mental health: The pandemic, coupled with winter isolation, may cause an increase in symptoms in patients with anxiety and depression. It is essential health care providers develop routine communication to lessen individuals with preexisting problems such as substance use disorder and depression (Office of AIDS Research, 2020; The HIV Treatment of Journal of TPAN, 2020)

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Substance treatment: social distance and isolation during the winter may exacerbate substance use issues. Providers should develop a plan to remain in communication to assess and address these issues, providing consultations and treatment (Office of AIDS Research, 2020)

For questions, please contact the
Central Valley and Northern Interior AIDS Education & Training Center
Email: aetc@ucdavis.edu
Phone: 916-734-3365

CA Department of Public Health. (2020). *Influenza (flu) vaccine information for people with living with HIV*. Retrieved September 21, 2020, from <https://www.cdph.ca.gov/Programs/CID/DOA/Pages/OAmain.aspx>

Minkove, J. D. (2020). *Gearing up for COVID-19's mental health toll*. Retrieved September 21, 2020, from <https://www.hopkinsmedicine.org/news/articles/gearing-up-for-covid-19s-mental-health-toll>

Office of AIDS Research. (2020). *Interim guidance for COVID-19 and person with HIV*. Retrieved September 21, 2020, from <https://clinicalinfo.hiv.gov/en/guidelines/covid-19-and-persons-hiv-interim-guidance/interim-guidance-covid-19-and-persons-hiv>

The HIV Treatment of Journal of TPAN. (2020). *COVID-19 update for PLHIV: Updated information on the coronavirus for people living with HIV*. Retrieved September 21, 2020 from <https://www.positivelyaware.com/articles/covid-19-update-plhiv>



World AIDS Day began in 1988 and takes place every year on December 1st. Not only is it an opportunity to commemorate those who have died from an AIDS-related illness, but it's an opportunity to show your support for people living with HIV.

A simple red ribbon is one of the most widely recognized symbols of HIV and AIDS and the people who live with these conditions. The symbol was presented by the Visual AIDS Artists Caucus in 1991. The individuals in this group wished to remain anonymous, keep the image copyright free and create a symbol to raise consciousness of HIV and AIDS. The red ribbon was originally intended to be worn as a badge, but is now used in a wide variety of ways.¹

[1] <https://www.timeanddate.com/holidays/un/world-aids-day>

One Community Health offers low cost & confidential walk-in and appointments for HIV, Hepatitis C & STD testing at its Midtown Campus.
Call 916-443-3299 to make an appointment or for more information.
No one will be turned away if they are unable to pay.

Free or Low-Cost STD/HIV/HCV Testing;
Contact the agency directly for dates, times and costs of testing
Golden Rule Services 916-427-4653
Harm Reduction Services 916-456-4849
Sacramento Sexual Health Clinic 916-875-1551

Partner Services:

County of Sacramento - 916-875-1100
One Community Health - 916-443-3299
Yolo County - 530-666-8670
El Dorado and Placer Counties:
Sierra Foothills AIDS Foundation 530-889-2437

The Sacramento TGA's HIV Health Services Planning Council and Committee Meeting Schedules
Committees may be canceled if there is no pressing business to conduct. Call 916-876-5548 to verify.
Presently, all in-person meetings have been cancelled due to COVID-19 and the meetings are being held by teleconference. The teleconference call-in information is on each committee agenda which can be found on the www.sacramento-tga.com website.

1st Monday of Every Month: No meetings in July or Sept.	Affected Communities Committee: 3:00—4:00 p.m. at Sacramento County Health Center, 4600 Broadway, Sacramento, CA. Community Room 2020
Quarterly on the 1st Tuesday of March, June, Sept. and Dec.	Prevention Committee: 1:00—2:00 p.m. at the Sacramento County Health Center, 4600 Broadway, Sacramento, CA. Community Room 2020
1st Tuesday of Every Month:	Quality Advisory Committee: 2:00—3:00 p.m. at the Sacramento County Health Center, 4600 Broadway, Sacramento, CA. Community Room 2020
Quarterly on the 1st Tuesday of March, June, Sept. and Dec.	Needs Assessment Committee: 3:00—4:30 p.m. at the Sacramento County Health Center, 4600 Broadway, Sacramento, CA. Community Room 2020
2nd Monday of Every Month: Except November due to a holiday	Priorities and Allocations Committee: 10—12:00 p.m. at the Sacramento County Health Center, 4600 Broadway, Sacramento, CA. Community Room 2020
2nd Thursday of Every Month:	Executive Committee: 3:00—5:00 p.m. at the County of Sacramento Sacramento County Health Center, 4600 Broadway, Sacramento, CA. Community Room 2020
4th Wednesday of Every Month: Combined Nov/Dec on 12/9/20	HIV Health Services Planning Council: 10—12 p.m. at the Sacramento County Health Center, 4600 Broadway, Sacramento, CA. Community Room 2020

Primary Care Parking: There is free parking on the LOWER LEVEL in the parking structure. Entrance off Broadway only. The Stockton Blvd entrance is closed.



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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 community affairs. 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.

The Committee meets the first Monday of the Month, except July and September, from 3—4 p.m., at Sacramento County Health Center
 4600 Broadway, Community Room 2020, Sacramento, 95820.

RYAN WHITE CARE ACT SERVICE PROVIDERS

CommuniCare Health Centers
 916-403-2910 x1077 **** Yolo County Residents only ****

Golden Rule Services 916-427-4653

Harm Reduction Services 916-456-4849

One Community Health 916-443-3299

Sierra Foothills AIDS Foundation
 **** El Dorado and Placer Counties only ****
 Main number: 530-889-2437

Sunburst Projects 916-440-0889

Volunteers of America 916-451-1765

UC Davis Medical Center Pediatric Infectious Disease
 916-734-1873

Ryan White Part A and B Funded Services and Providers

Ryan White Funded Service:

Ambulatory Care:

Child Care:

Emergency Financial Assistance:

Food Bank:

Health Education and Risk Reduction:

Health Insurance Assistance:

Housing

Medical Nutritional Therapy:

Medical Transportation:

Mental Health:

Non-Medical Case Management:

Oral Health:

Outreach Services:

Substance Abuse—Outpatient:

Substance Abuse—Residential:

Medical Case Management:

Providers:

**One Community Health, Sierra Foothills AIDS Foundation, UC Davis—Pediatrics
 Sunburst Projects**

**One Community Health, CommuniCare, Sierra Foothills AIDS Foundation,
 Sunburst Projects, Volunteers of America**

One Community Health, CommuniCare,

One Community Health

One Community Health, CommuniCare, Sierra Foothills AIDS Foundation

One Community Health, CommuniCare, Volunteers of America

One Community Health

**One Community Health, CommuniCare, Harm Reduction Services,
 Sierra Foothills AIDS Foundation, Sunburst Projects, UC Davis Pediatrics**

One Community Health, Sierra Foothills AIDS Foundation, Sunburst Projects,

Golden Rule Services, One Community Health

One Community Health, CommuniCare, Sierra Foothills AIDS Foundation

One Community Health

One Community Health

One Community Health, Sierra Foothills AIDS Foundation,

One Community Health, CommuniCare, Harm Reduction Services,

Sierra Foothills AIDS Foundation, Sunburst Projects, UC Davis Pediatrics

Additional services may be available by providers from other funding sources