

A publication of the Affected Communities Committee of the HIV Health Services Planning Council  
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### Ending the HIV Epidemic: PrEP and PEP

Preventing the spread of HIV is a significant component of the federal Ending the HIV Epidemic in the U.S. (EHE) initiative. The EHE initiative includes a goal of a 90% decrease in the number of new HIV infections in the U.S. by 2030. The four key strategies to achieve this bold EHE initiative are to:

1. Diagnose all people with HIV as early as possible after infection.
2. Provide treatment to people with HIV rapidly and effectively to reach sustained viral suppression.
3. Prevent new HIV transmission by using interventions such as PrEP (pre-exposure prophylaxis), PEP (post-exposure prophylaxis), and syringe services programs.
4. Quickly respond to potential HIV outbreaks.

The HIV epidemic impacts each community differently, geographically, and demographically. Therefore, community members must be involved in the local EHE initiative to expand HIV prevention such as PrEP and PEP into all communities, especially in marginalized and underserved populations.

A significant effort to end the HIV epidemic is to prevent HIV by increasing access to PrEP and PEP. PrEP is a medication taken before HIV exposure to prevent infection. PrEP can be taken as an injection, which is given every two months, or a pill, taken either daily for ongoing risk or "on-demand" for intermittent risk. When using an "on-demand" schedule, also known as 2-1-1 PrEP, a person should take two pills 2-24 hours before sex, one pill 24 hours after the first dose, and one more pill 24 hours after the second dose. PEP is a medication taken after HIV exposure to prevent infection. It should be started as soon as possible after exposure and must be taken within 72 hours of exposure. PEP is taken daily for 28 days. Through intense outreach and education, and expanded and improved access to PrEP and PEP, treatment as prevention are the interventions to ending the HIV epidemic.

#### Additional Resources:

Pocket guide for PrEP screening: a brief prescribing guide for PrEP, including resources for further information.

[https://paetc.org/wp-content/uploads/2021/08/PrEP-Screening\\_Pocket-Guide\\_CVNI\\_V4.pdf](https://paetc.org/wp-content/uploads/2021/08/PrEP-Screening_Pocket-Guide_CVNI_V4.pdf)

PrEP community resource list: a guide to PrEP services in the Sacramento region

[https://paetc.org/wp-content/uploads/2021/12/PrEP-Community-Resource-List\\_CVNI\\_V2.pdf](https://paetc.org/wp-content/uploads/2021/12/PrEP-Community-Resource-List_CVNI_V2.pdf)

For questions or provider education on the prevention, treatment, and care of those at-risk or living with HIV, please contact the Pacific AIDS Education & Training Center – Central Valley & Northern Interior

Website: <https://paetc.org/about/local-partners/central-valley/>

Email: [aetc@ucdavis.edu](mailto:aetc@ucdavis.edu) Phone: 916-734-3365

#### References:

Centers for Disease Control and Prevention. 2021, May 13. PrEP (Pre-Exposure Prophylaxis). <https://www.cdc.gov/hiv/basics/prep.html>

Centers for Disease Control and Prevention. 2021, May 25. PEP (Post-Exposure Prophylaxis). <https://www.cdc.gov/hiv/basics/pep.html>

Clinical Info.HIV.gov. 2022, April 03. Drug Database: Cabotegravir. <https://clinicalinfo.hiv.gov/en/drugs/cabotegravir-1/patient>

Health Resources & Services Administration. 2022, March. Ending the HIV Epidemic in the U.S. <https://www.hrsa.gov/ending-hiv-epidemic>

## Interested in Public Health Research

Based in San Francisco, SHARP (Summer HIV/AIDS Research Program) is a 12-week paid summer mentored internship and learning experience designed for students from underrepresented communities to pursue further studies and careers in public health-oriented clinical, socio-behavioral, and community-focused research.

All candidates must be legally eligible to work in the U.S. and be currently enrolled in an accredited institution (such as an university or a community college) as an undergraduate or have graduated within the last 2 years (no earlier than 2020 graduation date). Those already enrolled in a graduate program are not eligible.

Individuals from communities typically underrepresented in the field of research are strongly encouraged to apply (African Americans, Latinx, persons of indigenous descent, persons with disabilities, persons from disadvantaged backgrounds, and individuals who identify as transgender, lesbian, gay, or bisexual).

Ideal candidates are interested in conducting research that addresses health disparities as part of their career, interested in HIV and populations at risk, and connected to the community they want to conduct research with.

For more information, visit: <https://sharpinternship.org/>

## Free Virtual Summer HIV Trainings

The National Minority AIDS Council (NMAC) is hosting **free** summer **virtual** HIV Trainings including:

[National Training for Transgender/Gender Non-Conforming PLHIV](#) (July 6-9)

[National Training for PLHIV in Indian Country](#) (Jul 12-14)

[National Training for PLHIV in the Latinx Community in Spanish](#) (July 19-23)

[National Training for Gay Black Men living with HIV](#) (Aug 2-6)

[National Training for Cisgender Heterosexuals living with HIV](#) (Aug 9-13)

[National Training for PLHIV in the Latinx Community in English](#) (Aug 16-20)

For more information, please visit:

<https://www.nmac.org/free-summer-hiv-trainings-lots-of-deadlines/>

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](http://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

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 October 2022 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 12/7/2022**  
**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](http://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

\*\*\*\* Yolo County Residents only \*\*\*\*  
916-403-2910 x1077

**Golden Rule Services** 916-427-4653

**Harm Reduction Services** 916-456-4849

**One Community Health** 916-443-3299

**Sacramento LGBT Center** 916-442-0185

### 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

In the box to the right, is a list of Ryan White Part A and B funded Services.

Services may vary per provider and additional services may be available through other funding sources.

Please contact a provider above for additional information.

- ⇒ Ambulatory Outpatient Care
- ⇒ Medical Case Management
- ⇒ Child Care
- ⇒ Emergency Financial Assistance
- ⇒ Food Bank/Home Delivered Meals
- ⇒ Health Education/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