



Positive Advocate

Winter 2014

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

HIV/AIDS and the Flu

(excerpt from the CDC.gov website at: <http://www.cdc.gov/flu/protect/hiv-flu.htm>)

HIV (human immunodeficiency virus) is the virus that causes AIDS (acquired immune deficiency syndrome). HIV kills or damages cells in the body's immune system, gradually destroying the body's ability to fight infection and certain cancers. CDC estimates that 1.1 million people are living with HIV/AIDS in the United States.

People with HIV/AIDS are considered at increased risk from serious influenza-related complications. Studies have shown an increased risk for heart- and lung-related hospitalizations in people infected with HIV during influenza season as opposed to other times of the year, and a higher risk of influenza-related death in HIV-infected people. Other studies have indicated that influenza symptoms might be prolonged and the risk of influenza-related complications is higher for certain HIV-infected people. Vaccination with a flu shot has been shown to produce an immune response against influenza viruses in certain people infected with HIV.

Because influenza can result in serious illness, HIV-infected persons are recommended for vaccination. To help you prepare for the flu this season, this fact sheet provides Questions & Answers to guide the administration of both flu shots and antiviral medications to people with HIV/AIDS.

Should people with HIV/AIDS receive the inactivated influenza vaccine?

People with HIV/AIDS are considered at increased risk from serious influenza-related complication and should receive inactivated influenza vaccine (the flu shot). Persons with advanced HIV disease may have a poor immune response to vaccination. Therefore, pre-exposure chemoprophylaxis (use of antiviral medications to prevent influenza) may be considered for these patients if they are likely to be exposed to people with influenza.

Are there people with HIV/AIDS who should NOT receive the inactivated influenza vaccine?

Contraindications to the use of inactivated influenza vaccine (the flu shot) in persons with HIV/AIDS are the same as those for persons without HIV/AIDS.

There are some people who should not get a flu vaccine without first consulting a physician. These include:

- People who have a severe allergy to chicken eggs.
- People who have had a severe reaction to an influenza vaccination.
- Children less than 6 months of age (influenza vaccine is not approved for this age group)
- People who have a moderate-to-severe illness with a fever (they should wait until they recover to get vaccinated.), and
- People with a history of [Guillain-Barré Syndrome](#) (a severe paralytic illness, also called GBS) that occurred after receiving influenza vaccine and who are not at risk for severe illness from influenza should generally not receive vaccine. Tell your doctor if you ever had Guillain-Barré syndrome. Your doctor will help you decide whether the vaccine is recommended for you.

For more information, go to: <http://www.cdc.gov/flu/protect/hiv-flu.htm>

Getting Involved

By Ronnie M.

My name is Ronnie and I am originally from San Diego. I have been living with HIV for over 12 years. I have been advocating for HIV Prevention since 2001.

I have had my challenges in my life that I have had to deal with but continued volunteering for the International Imperial Court System since 2001. In fact, I held and won many Royal Court titles.

In San Diego, I was part of the Ryan White Planning Council from 2007—2010 and also volunteered as a peer advocate, from 2008—2010, at the San Ysidro Health Center. I have extensive knowledge and experience within the Ryan White System of Care. My main focus is to educate others with an emphasis on housing.

In my spare time, I like listening to Usher Raymond, one of my favorite male R&B singers and constantly prayer in my recovery since June. I have also been participating in the Sacramento Transitional Grant Area's HIV Health Services Planning Council since moving here.

Despite challenges, I continue to advocate and volunteer. You can too. Come join us at an HIV Health Services Planning Council meeting.

What is a Transitional Grant Area (TGA)?

The Ryan White HIV/AIDS Program (previously known as the Ryan White CARE Act) is a Federal program that funds services for people living with HIV/AIDS (PLWHA). Ryan White services are for those who cannot pay for the care they need. Ryan White helps cities, States, and other areas pay for the costs of HIV/AIDS care. It pays for care that is not covered by other programs like Medicaid and Medicare.

Federal funds go to local areas that have been hit hardest by the HIV epidemic. These areas are called eligible metropolitan areas (EMAs) or transitional grant areas (TGAs):

- EMAs are metropolitan areas with at least 2,000 new cases of AIDS reported in the past five years and at least 3,000 cumulative living cases of AIDS as of the most recent calendar year.
- TGAs are metropolitan areas with between 1,000 and 1,999 new cases of AIDS reported in the past five years and at least 1,500 cumulative living cases of AIDS as of the most recent calendar year.

The Sacramento Transitional Grant Area includes Sacramento, El Dorado and Placer Counties.

The Sacramento TGA is also awarded funds through the State to assist Sacramento, Yolo and Alpine Counties.

National Black HIV/AIDS Awareness Day - February 7th

National Black HIV/AIDS Awareness Day (NBHAAD) is an HIV testing and treatment community mobilization initiative for Blacks in the United States

There are four specific focal points: Get Educated, Get Tested, Get Involved, and Get Treated.

Event Information:

- Where: Guild Theater - 2828 35th Street, Sacramento, CA
- Time: 6:00 p.m. to 8:00 p.m.
- Activities: Entertainment, Food, Music, Guest Speakers

The Sacramento TGA's HIV Health Services Planning Council and Committee Meeting Schedules

- 1st Monday of Every Month: **Affected Communities Committee:** 4:30—5:30 p.m. at Cares Community Health, 1500 21st Street, Sacramento, CA 95811. Conference Room D
- 1st Tuesday of Every Month: **Quality Advisory Committee:** 2:00—3:00 p.m. at the Primary Care Center, 4600 Broadway, Sacramento, CA. Conference Room 2020
- 1st Tuesday of Every Month: **Needs Assessment Committee:** 3:00—4:30 p.m. at the Primary Care Center, 4600 Broadway, Sacramento, CA. Conference Room 2020
- 2nd Monday of Every Month: **Priorities and Allocations Committee:** 10—12:00 p.m. at the Primary Care Center, 4600 Broadway, Sacramento, CA. Conference Room 2020
- 2nd Thursday of Every Month: **Executive Committee:** 3:00—5:00 p.m. at Cares Community Health, 1500 21st Street, Sacramento, CA 95811. Conference Boardroom
- 4th Wednesday of Every Month: **HIV Health Services Planning Council:** 10—12 p.m. at the Primary Care Center, 4600 Broadway, Sacramento, CA. Conference Room 2020

Primary Care Parking: There is free parking on the LOWER LEVEL in the parking structure.

Cares Community Health Parking: There is limited parking in the Cares Community Health parking lot. There is plenty of metered street parking. The cost is 25 cents per 12 minutes.



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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 holidays, at Cares Community Health—Conference Room D, 1500 21st Street, Sacramento.

RYAN WHITE CARE ACT SERVICE PROVIDERS

Cares Community Health - is a private, nonprofit community health center serving the greater Sacramento area. They use a medical home model of care, including preventive care, routine checkups, immunizations and management of acute and chronic illnesses.

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
916.403.2970 ****Yolo County Residents only ****

Harm Reduction Services - Medical case management, Outreach and Testing
2800 Stockton Blvd, Sacramento, CA 95817
916.456.4849

Sierra Foothills AIDS Foundation - HIV/AIDS services serving both El Dorado and Placer Counties
Main number: 530.889.2437
Placer County: 12183 Locksley Lane, Suite 205
Auburn, CA 95602
El Dorado County: 550 Pleasant Valley Road, Suite 1C
Diamond Springs, CA 95619

Strategies for Change - Medical case management and substance abuse outpatient services.

4343 Williamsborough Drive, Sacramento, CA 95823
916.473.5764

Sunburst Projects - childcare, mental health, and medical case management
1025 19th Street, Suite 1A, Sacramento, CA 95811
916.440.0889

Well Space Health (formerly The Effort) - Medical case management, mental health services, and substance abuse—detox services

- 1820 J Street, Sacramento, CA 95811 — 916.236.4700
- 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