

# Community Health Coalition, Inc.

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Healthy People  
2020

Improving the health of Durham  
& NC communities since 1989

July 2017

## HIV/AIDS and STD's

Blacks/African Americans account for a higher proportion of new HIV diagnoses, those living with HIV, and those ever diagnosed with AIDS, compared to other races/ethnicities. In 2015, African Americans accounted for 45% of HIV diagnoses, though they comprise 12% of the US population. Durham County has the third highest rate of HIV in NC. Many people are still unaware that they are infected. The only way to know for sure whether you have HIV is to get tested. The CDC and U.S. Preventive Services Task Force recommend that everyone between the ages of 15 and 65 be screened for HIV at least once, and get tested again depending on their risk for becoming infected.

Veronica Ray, MD. Internal medicine at Lincoln Health Community, says **“for those at high risk of becoming infected with HIV due to their lifestyle, there is a medication that can be prescribed by a health care professional. It is one pill to be taken once a day, every day. This medication is called PrEP (pre-exposure prophylaxis). PrEP is prescribed by Durham County health care providers to adults (over age 19), of any race, gender, sexual orientation and income level.”** Learn more about PrEP at [durhamknows.org](http://durhamknows.org)



Veronica Ray, MD

### Prevention Challenges

In all communities, **lack of awareness of HIV status** contributes to HIV risk. People who do not know they have HIV cannot take advantage of HIV care and treatment and may unknowingly pass HIV to others.

Having **other sexually transmitted diseases (STDs)** can significantly increase a person's chance of getting or transmitting HIV.

The **socioeconomic issues** associated with poverty—including limited access to high-quality health care, housing, and HIV prevention education—directly and indirectly increase the risk for HIV infection

**Stigma, fear, discrimination, and homophobia** may also place many African Americans at higher risk for HIV.

Tamera Coyne-Beasley, MD. MPH., a professor at UNC General Pediatrics and Adolescent Medicine and at Duke university med-peds residency, states, **"HIV also increases your risk of getting other sexually transmitted diseases (STDs). Ask you heath care provider for information about STDs and to check for syphilis and hepatitis C."**

## What can you do?

**Abstain** – Abstinence from sexual activity is the only 100% effective way to prevent HIV, other STD's, and pregnancy

**Reduce your number of sexual partners** – the more partners you have in your lifetime, the more likely you are to have a partner who is infected with HIV

**Use condoms correctly every time you have sex** – condoms are highly effective in preventing the infection

**Communicate with partner** – sharing your status with your partners can help you make good decisions about sex. There's no "right" way to tell someone you have HIV

**Take PrEP** if you are at high risk of becoming infected

## Remember the ABC's

**A**bstinence is the only 100% effective way to prevent HIV, other STD's, and pregnancy

**B**e informed about your status

**C**ondoms save lives

Durham HIV/STI Testing Sites	
<b>Durham County Dept. of Public Health</b> 414 E Main St. (919) 560-7601 <i>Free HIV testing Mon to Fri 8 AM to 4 PM</i>	<b>Samaritan Health Center</b> 4300 Garrett Rd. (919) 407-8223 <i>Free HIV testing for uninsured</i>
<b>Lincoln Community Health Center</b> 1301 Fayetteville St. (919) 956-4000 <i>Free HIV Testing Mon 5 PM to 7 PM</i>	<b>Antioch Baptist Church</b> 1415 Holloway St., 2nd floor (800) 806-3558 <i>Wed 6 PM to 8 PM</i>
<b>CAARE Incorporated</b> 214 Broadway St. (919) 683-5300 <i>Free HIV testing Mon to Fri 9 AM to 4 PM</i>	<b>Triangle Empowerment Center</b> 1415 Holloway St. (800) 806-3558 <i>Free HIV testing Wed 6 PM to 9 PM</i> <i>In-home testing also available</i>

\*Testing is free and private at all sites.

www.healthdurham.org



## Safety tips

To ensure you enjoy the comforts and convenience that electricity provides and remain safe, consider these important safety tips.

- Never touch or attempt to move a downed power line.
- Fly kites and model planes in wide-open spaces like a field or on the beach.

**Please Make a Donation to Community Health Coalition through SECC or PayPal: Did you know that Community Health Coalition is an approved SECC charity? If you are a state employee or retiree, choose (Code 3770) to send your SECC gift to us! Thank you.**



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<http://www.chealthc.org/makeadonation.html>

Thank you.



Health Tip is a message from Community Health Coalition, Inc. and is written in partnership with



Public Health



BlueCross BlueShield of North Carolina

*Duke Energy encourages you to enjoy the summer activities, remain vigilant and put safety first.*

**REMEMBER Healthy People 2020: A Clear Vision to Healthy Living!**