



## July 2020 Health Tips – Awareness & Prevention of HIV



Veronica Ray, MD

July is national **awareness month** for HIV. Dr. Veronica Ray, Internal Medicine at Lincoln Health Community Center, says “**for those at high risk of becoming infected with HIV due to their lifestyle, there is a medication called PrEP (pre-exposure prophylaxis) that can be prescribed by a health care professional. It is one pill to be taken once a day, every day.**”



### Did You Know



- ◆ In 2018 approximately 38,000 people in the United States were diagnosed with HIV. 14% (1 in 7) were unaware of their diagnosis.
- ◆ People of color are disproportionately affected, with African Americans comprising 42% of all new HIV cases.
- ◆ People with HIV can also be at increased risk of getting very sick with COVID-19 based on their age and other medical conditions.
- ◆ Men who have sex with men (MSM) comprise 66% of new HIV diagnoses. African American MSM have a 1 in 2 lifetime risk of contracting HIV
- ◆ African American women comprise 59% of all new HIV diagnoses in women; Latinx women comprise 27% of new HIV diagnoses in women
- ◆ Young people ages 13 to 24 make up 21% of new HIV diagnoses
- ◆ HIV is transmitted through exchange of body fluids such as blood, breastmilk, semen, and vaginal secretions, and from a pregnant woman to her fetus.

### Risk Factors of HIV

- Behaviors that increase the risk of contracting HIV include anal or vaginal sex without a condom, the presence of another STI such as syphilis, herpes, chlamydia, gonorrhea, bacterial vaginosis, and injection drug use with contaminated equipment
- 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.

## What Can You Do to Prevent HIV



**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.



## 's Toward Prevention of HIV & COVID 19

**A**-All people age 13 to 64 should be tested at least once for HIV

**B**-Be PrEPared to use PrEP (Pre-exposure prophylaxis daily to prevent contracting HIV)

**C**-Condoms as an important strategy for prevention of HIV as well as STIs

Allow space 6 ft. between people so not to spread disease.

Always wash your hands and use face coverings.

Be Informed about constant changes and updates with local, state, and national guidelines.

Connect virtually to your community, faith, family, friends, work, and healthcare provider.

### For More Information

On HIV - Durham Knows <http://healthydurham.org/media/durham-knows>

On HIV - Durham County Public Health (919) 560-8819

On COVID 19 Virus <https://www.ncdhhs.gov/>. North Carolina COVID-19 Hotline: 886-467-3821. For non-emergency COVID-19 questions: Call or text "COVIDNC" to 898211 Duke Health COVID-19 Hotline: 919-385-0429, option 2 (8:00 am-8:00pm, seven days a week)



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