



HIV/HEP C

WHAT YOU NEED TO KNOW

Common Myths (HIV)

- ▶ You can look at someone and tell they have HIV/AIDS
 - ▶ The only way to tell if someone has HIV/AIDS is through testing.
 - ▶ Often has no physical symptoms. Early symptoms mimic other infections in the first few weeks. It can be years before any other symptoms emerge.
- ▶ HIV is a death sentence
 - ▶ By taking ART an undetectable level can be achieved. At this level HIV cannot be transmitted and PLWHA can live a normal life span.
- ▶ Does not impact the straight community
 - ▶ In 2016 heterosexuals accounted for 24% of new HIV infections
 - ▶ In 2017 1 in 10 new HIV diagnoses were among PWID
- ▶ PLWHA can no longer have sex or children
 - ▶ Undetectable=Untransmittable

The Facts (HIV)

- ▶ HIV (*human immunodeficiency virus*) is a virus that attacks the body's immune system. This makes the body more vulnerable to infection and disease.
- ▶ AIDS (*acquired immunodeficiency syndrome*) occurs when HIV is left untreated. Opportunistic infections begin to develop
 - ▶ Not every case of HIV results in AIDS
- ▶ Spread through certain body fluid contact (semen, vaginal fluid, blood, anal mucous) with PLWHA
 - ▶ Cannot be spread from: undetectable PLWHA, kissing, hugging, sharing food or drink, bathing, sneezing or coughing, insect bites or sweat
- ▶ 1.1 million people in the US are living with HIV
 - ▶ 1 in 7 do not know it
 - ▶ About 38,000 new cases per year (1 new case every 14 minutes)
 - ▶ Shelby County is #8 in new HIV cases (2018)

Common Myths (HCV)

- ▶ You can give it to yourself.
 - ▶ Contact with blood containing HCV
 - ▶ Sex with partner who has HCV
 - ▶ Passed from mother to baby during pregnancy or birth
- ▶ I got rid of it on my own
 - ▶ Only around 1 in 4 will get rid of it on their own
- ▶ I bleach my needles so I'm okay
 - ▶ HCV can survive 3 weeks outside of the body
 - ▶ If done incorrectly HCV can survive a bleach rinse
 - ▶ Very few people know how to properly bleach a syringe to prevent infection
- ▶ I've had my shot for it.
 - ▶ There is a vaccine for Hep A & B not for Hep C

Facts about HCV

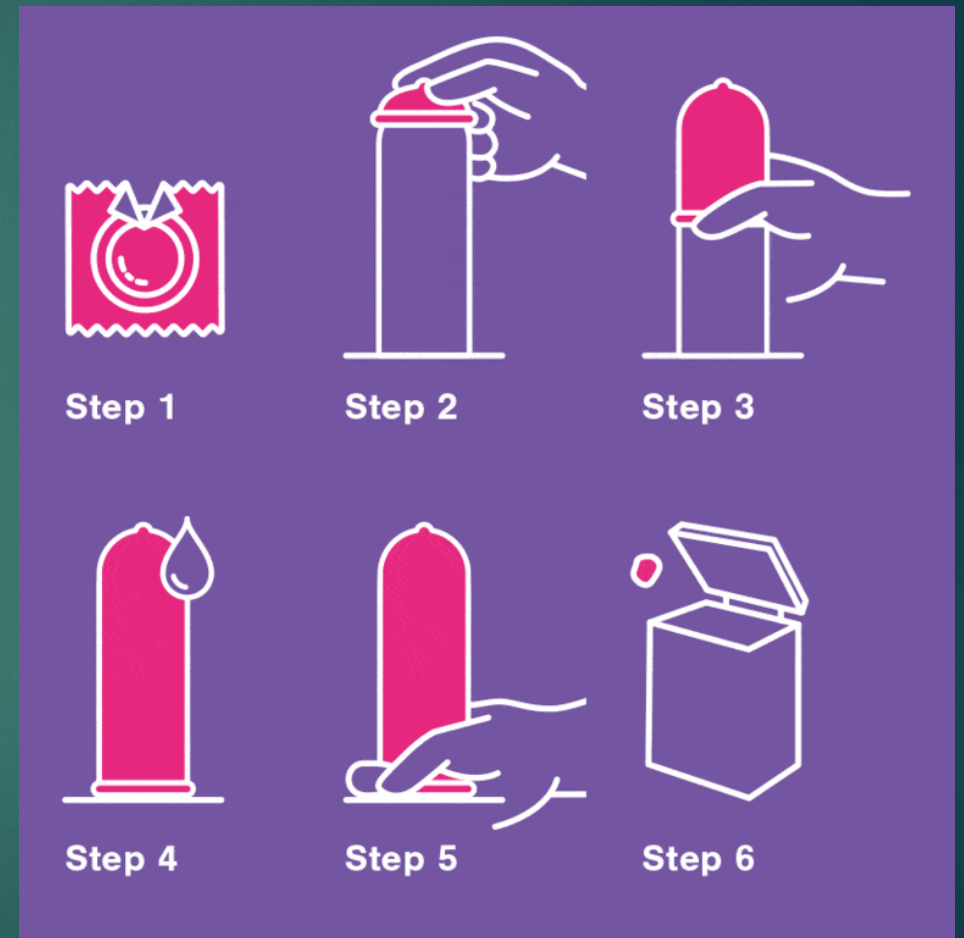
- ▶ Hepatitis C is a liver infection caused by a virus
- ▶ Most people will develop a chronic infection that can lead to liver damage, liver cancer, cirrhosis and death.
- ▶ Symptoms include yellowing of the skin, fever, loss of appetite, nausea, vomiting, stomach pain, tiredness, dark pee, pale poop, diarrhea or no symptoms at all.
- ▶ Can be spread from condomless sex, sharing any item that may come in contact with blood (needles, cookers, cottons, straws, tattoo ink, toothbrush, fingernail clipper raisers)
- ▶ An instant test can be conducted to see if you have Hep C
 - ▶ It can take up to 6 months after an exposure to show up on a Hep C test
- ▶ There is a cure
 - ▶ You can reacquire Hep C

Risk Behaviors and Risk Reduction

- ▶ Sex (1 in 2 sexually active people will contract an STI by age 25)
 - ▶ Increased risk: unprotected sex with multiple partners, unprotected sex with PWID, unprotected receptive anal sex, unprotected anonymous sex, using drugs before or during sex
 - ▶ Reduce Risk: Condoms, PrEP, PEP, Mutually monogamous relationship, know your partners HIV status.
- ▶ People Who Inject Drugs
 - ▶ Increased risk: Shared equipment. 22 times more likely than the general population
 - ▶ Reduce Risk: Alternatives to injecting, Needle Exchange, use bleach to clean equipment (reduces does not eliminate risk), avoid sharing equipment

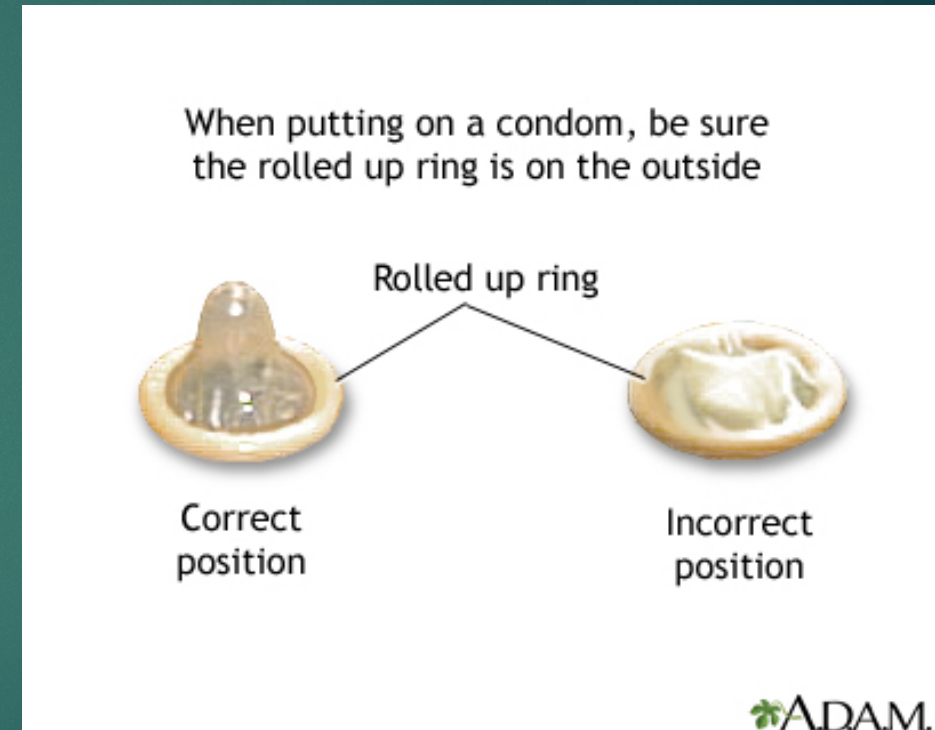
Condoms

- Come in a variety of styles and sizes
 - Latex, Non-Latex, Internal Condom
 - Many have a reaction to spermicidal lube and falsely assume they are allergic to latex
- Protect against pregnancy and HIV/STD
 - 95% effective when used as recommended
 - Condoms must be worn start to finish to be used effectively
- Think OPRAH went putting on a condom
 - Open
 - Pinch
 - Roll
 - Action
 - Hold when pulling out



Condoms continued

- Read the package and check for expiration date
- Inspect for tears or defects
- Use water-based or silicone-based lube to prevent tears
 - Oil-based (baby oil, lotion, petroleum jelly) causes breaks and tears
- Store in a cool dry place
 - Do not store in your wallet. The heat and friction can damage them.
- Do not reuse
 - Once it touches do not flip it



Barriers to condom usage

- ▶ Access

- ▶ Homeless population has no safe place to store condoms
- ▶ Provide free access at SSP weekly

- ▶ Stigma

- ▶ “I can’t feel anything”
- ▶ “I’m not at risk”
- ▶ Provide a variety bag of condoms
- ▶ Provide lube
- ▶ Provide education on how to properly wear a condom
- ▶ Harm reduction counseling identifies risks and provides information

PEP and PrEP

- ▶ PrEP (Pre-Exposure Prophylaxis) once daily pill that decreases the risk of contracting HIV by 99% (sexual behaviors)
 - ▶ Offered for free at many locations
 - ▶ Must be HIV negative
 - ▶ Does not protect against other STI's
- ▶ PEP (Post Exposure Prophylaxis) medication taken after an HIV exposure event
 - ▶ Must be started within 3 days of the event
 - ▶ Reduces transmission by more than 80%
 - ▶ Few locations offer for free

PrEP Barriers

- ▶ Drop in efficacy for sharing syringes 74%
 - ▶ Provide counseling on PrEP effectiveness via modes of transmission
- ▶ Cost
 - ▶ Truvda going generic has made it more difficult to get it paid for
 - ▶ Medicare donut hole
- ▶ Appointments
 - ▶ Must attend appointment every 3 months
 - ▶ Online PrEP services
- ▶ Lack of transportation to appointments
- ▶ Lack of communication (phone, email)
- ▶ No safe place to store medication
 - ▶ Injectable PrEP
 - ▶ Lock boxes

PEP Barriers

- ▶ Cost prohibitive
 - ▶ Few places provide PEP for free
 - ▶ Many insurances cover PEP
 - ▶ Without insurance it can cost \$600-\$1000
- ▶ Trust/stigma
 - ▶ Have to be able to speak honestly about exposure to get it supplied
 - ▶ mobile unit
 - ▶ Person first language
- ▶ Small window to start
 - ▶ Must be started within 72 hours
 - ▶ Emergency 24h line

Syringe exchange programs

- ▶ Exchange used syringes for unused syringes
 - ▶ Proven to reduce syringe sharing, hiv transmission rates and hep c transmission rates
- ▶ Provide overdose reversal training and Narcan
- ▶ On site HIV and Hep C testing
- ▶ Connection to PrEP and PEP navigation services
- ▶ Linkage to care services for positive clients
- ▶ Condom distribution
- ▶ Connection to treatment options

Testing

- ▶ 1 in 7 people living with HIV do not know it.
 - ▶ The only way to know is to get tested
- ▶ How often should I get tested?
 - ▶ At least 1 time a year
 - ▶ People who have risk behaviors should get tested once every 3-6 months
- ▶ Testing process (5 minutes) (20 minutes hep c)
 - ▶ Collection of demographic information
 - ▶ Risk assessment survey
 - ▶ Finger stick test
 - ▶ Negative test
 - ▶ Provide prevention resources
 - ▶ Reactive test
 - ▶ Will schedule lab testing
 - ▶ Early Intervention Service Referral

Testing Barriers

- ▶ Do not feel at risk
 - ▶ Been vaccinated, I'm straight, I have the gene
 - ▶ Educate and build trust
 - ▶ Feel at risk for Hep C but not HIV
- ▶ HIV criminalization
- ▶ Confidential vs anonymous
 - ▶ SSP are anonymous but testing is confidential
 - ▶ Must collect but cannot share information
- ▶ Why test? If I have it I'll die anyways
 - ▶ Educate about treatment and U=U
- ▶ Time
 - ▶ Rapid test can be done in less than 20 minutes
 - ▶ Provide incentives (gift cards/prizes)

What if I'm positive?

- ▶ If preliminary testing is reactive, a blood draw test will be scheduled before you can be diagnosed
 - ▶ Remember HIV is life changing not life ending.
- ▶ Client will then be linked to Early Intervention Services and a Medical Case Manager
 - ▶ They are there to help meet any needs that would prevent you from getting treatment and staying on treatment
- ▶ ART (anti-retrovirus therapy) started
 - ▶ Most people reach undetectable after 3 months of treatment.
 - ▶ Adherence to medication is important even when you feel good.

Conclusion

- ▶ Our goals:
 - ▶ 90% of people that live with HIV to know their status
 - ▶ 90% of people diagnosed with HIV to receive treatment
 - ▶ 90% of those receiving treatment to reach viral suppression
- ▶ Know your status
 - ▶ Only way to know is to get tested
- ▶ Know your risk behaviors
- ▶ Know how to reduce your risk



Questions?

Resources

- ▶ The Haven
 - ▶ 622 Minor Rd.
 - ▶ (901) 467-1443
 - ▶ <https://www.thehaven901.org/>
 - ▶ Testing, Condoms, PrEP and other resources