



Care Coordination Workbook

This guide was adapted from material written by Heidi Behforouz, M.D. and staff of Boston's Prevention and Access to Care and Treatment (PACT) project. The New York City Department of Health and Mental Hygiene will distribute this workbook to patients enrolled in the Health Department's Care Coordination program.

Special thanks goes to the PACT project for sharing this information and allowing it to be reproduced.

Dr. Behforouz is the Executive Director of PACT, a community-based project in inner city Boston, whose mission is to improve health outcomes for underserved individuals with HIV/AIDS. PACT is a project of Brigham and Women's Hospital and Partners in Health, a non-profit health care organization dedicated to providing a preferential option for the poor.

The New York City Care Coordination program addresses HIV/AIDS through the integration of care navigation, social services and benefits coordination, health education and promotion, and treatment adherence.

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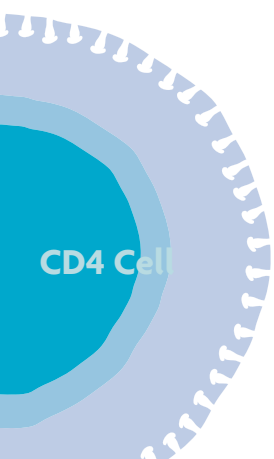
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Introduction

As a participant in the Care Coordination Program, you are taking a step forward to improve your health. Together with your Patient Navigator, you will work through our educational and empowering curriculum to help you live a healthy life.

The goal of this workbook is to teach you more about HIV and your medications. We will also talk about personal things in your life, like relationships and certain risky behaviors. Together, we will think about the different challenges in your life and your support network.

The ultimate goal of the Care Coordination Program is to help you become adherent to your medications, which means that you will learn to take your medications everyday as prescribed by your doctor. We understand that this is not always easy, and there are many things that can get in the way. We will help you identify barriers and support you as you work through them. You can live a healthy and fulfilling life with HIV.

What is HIV?



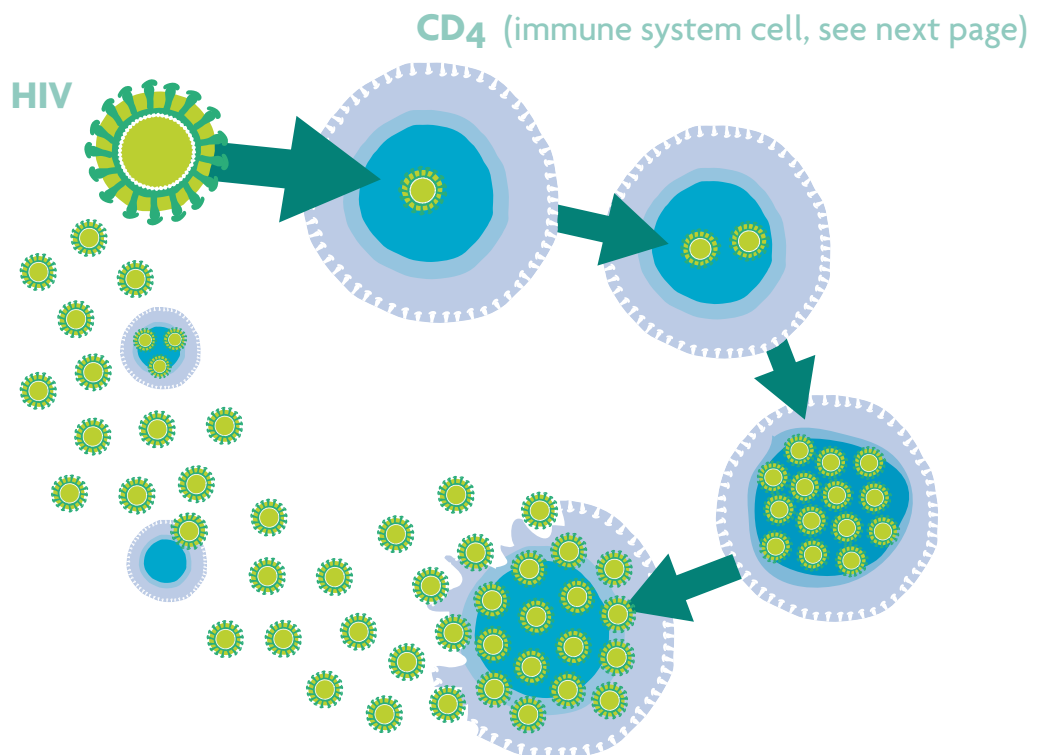
HIV is a **virus** that can make you sick.

Viruses are small, infectious particles that can enter cells in your body. They can change the way cells function and even destroy them.

The flu, chicken pox and hepatitis are common viruses. Some can weaken your immune system. HIV is one of those viruses.

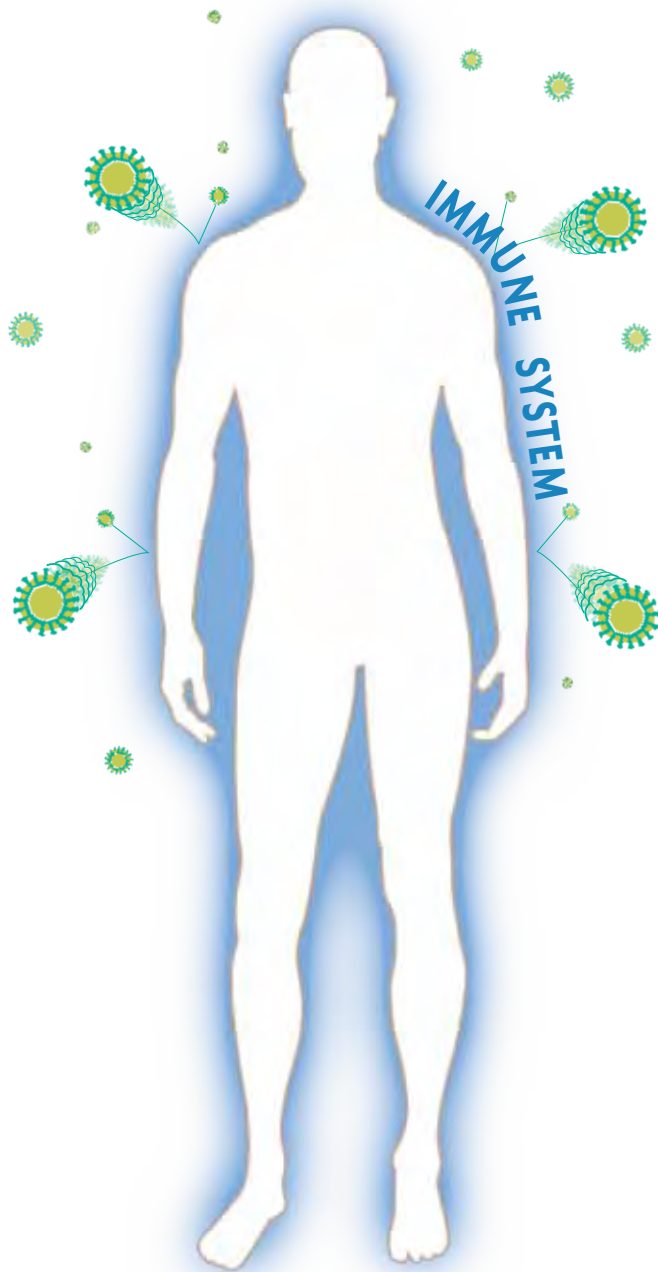
Your **immune system** protects your body by fighting off infections. Your immune system is made up of many different cells that work together to protect your body against illness, including infections and certain cancers.

Many people also refer to HIV as the **AIDS virus**, or as the virus that causes AIDS.

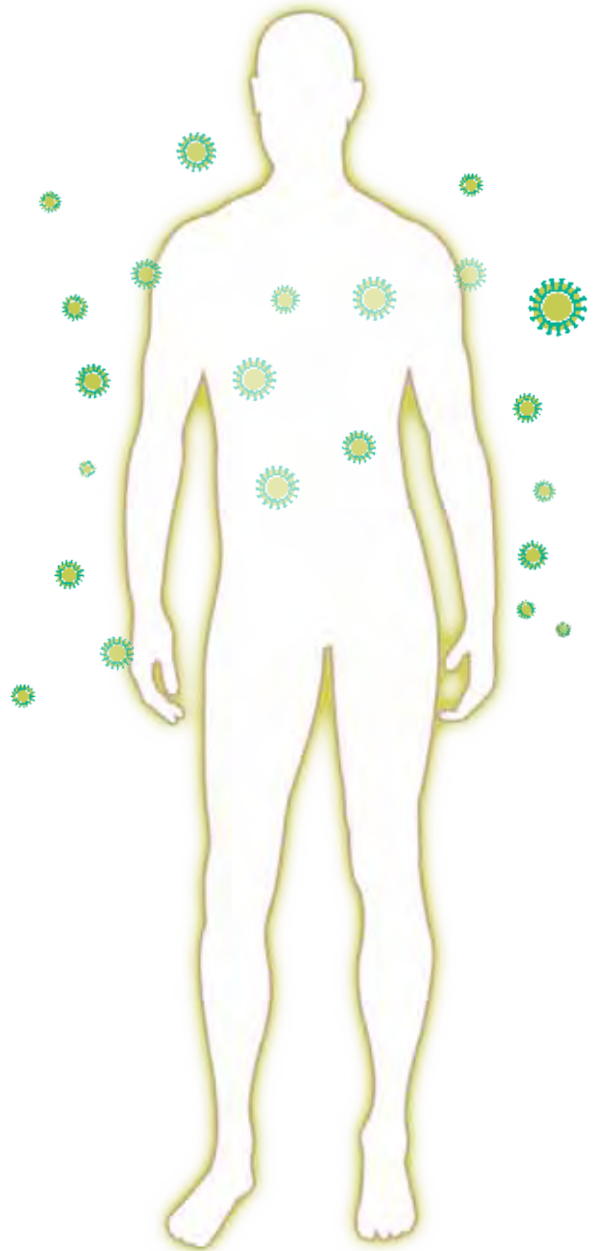


What is Your Immune System?

Your **immune system** protects your body by fighting off infections. It is made up of many different cells that work together to fight harmful organisms like bacteria, viruses, parasites and other things that can make you sick.



Strong Immune System
(fights off infections)



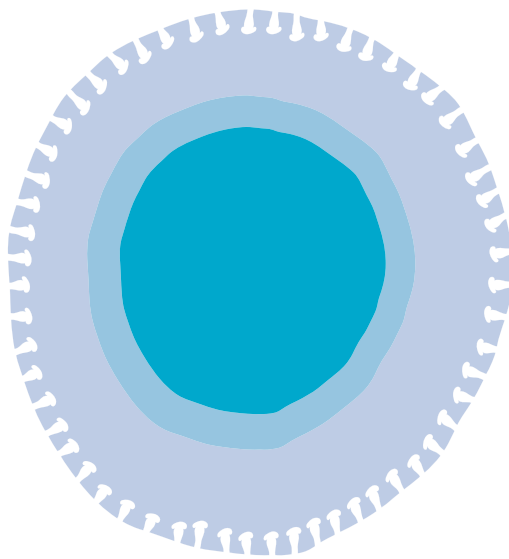
Weak Immune System
(can't fight off infections)

What are CD₄ Cells?

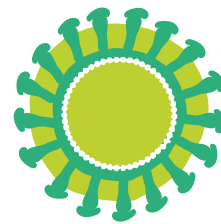
CD₄ cells, also known as helper T cells or T cells, are an important part of your immune system. CD₄ cells fight off infections and keep you from getting sick.

The more CD₄ cells you have in your body, the healthier you'll be.

HIV attacks and destroys your CD₄ cells. Taking your HIV medications helps keep HIV from destroying your CD₄ cells.



CD₄ or T Cell



HIV

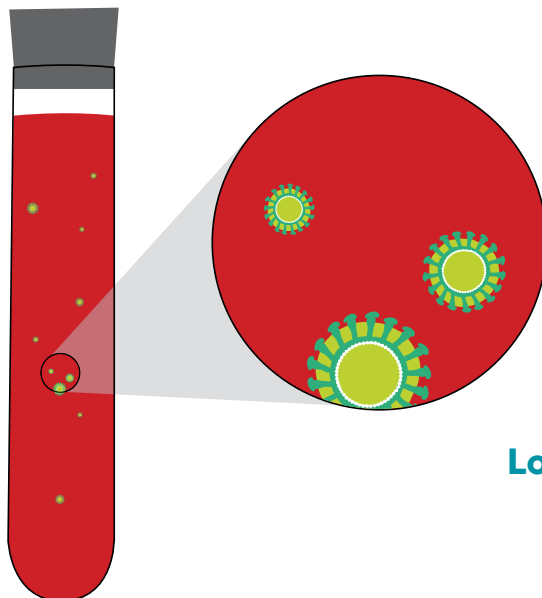
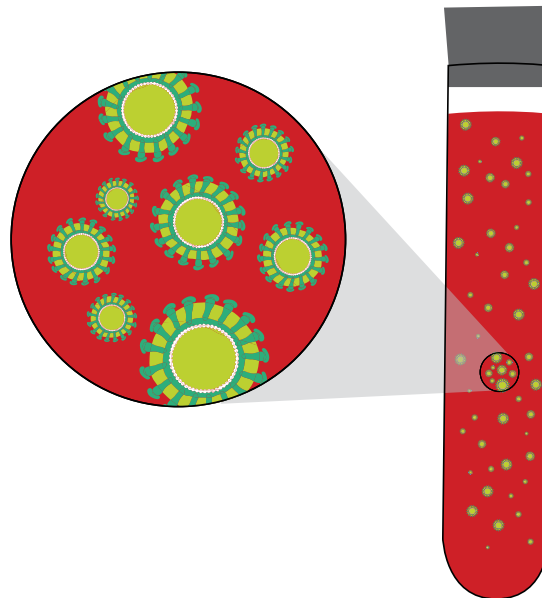
A healthy adult has between 500–1600 CD₄ cells.

Your doctor tests your CD₄ cell level to track how healthy you are and to see if your medications are working. Doctors now recommend starting ART right away, regardless of CD₄ count. The goal is to protect enough CD₄ cells so your immune system stays healthy.

What is a Viral Load?

The amount of **HIV** in your blood can be measured. This is called a **viral load**. The goal of taking your medications every day is to get an undetectable viral load. This means that the amount of the virus in your blood is so low that it can't be detected. The virus is still there, but it is doing less damage to your body.

High viral load

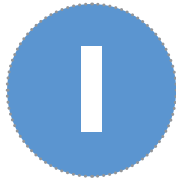


Low viral load = better

What is AIDS?



ACQUIRED means you developed the disease and were not born with it.



IMMUNE means your immune system – your body's ability to protect you from diseases.



DEFICIENCY means a weakness in your body's system to fight disease.



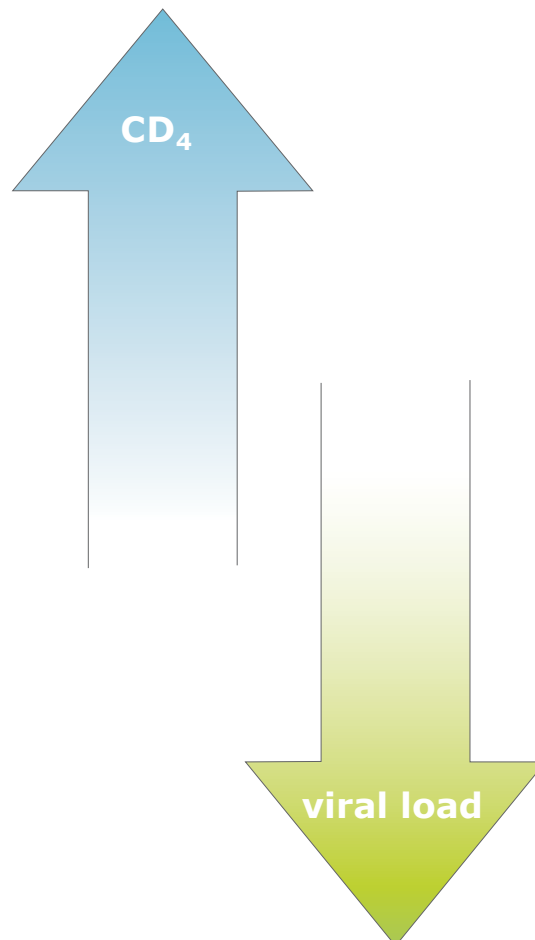
SYNDROME is a group of health problems that make up a disease.

How Does HIV Become AIDS?

You don't actually "get" AIDS. Instead, a person with HIV may develop AIDS.

The word AIDS is used to describe when a person's CD4 cells are very low and his or her immune system can't protect the body from infections. You have AIDS if HIV destroys too many CD4 cells and your CD4 count drops below 200, or if you develop an opportunistic infection (an infection by something that normally does not cause disease unless the body's immune system is damaged and unable to fight off infection).

Taking your medication can prevent you from developing AIDS because it keeps your **CD4 count up** and your **viral load down**.

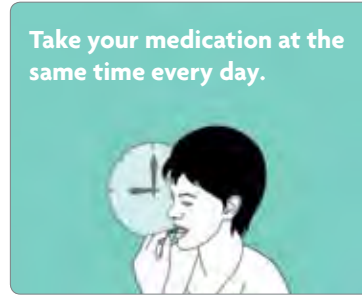


What is Adherence?

The word **adherence** means to stick to or stay with something. Adherence is very important when taking your HIV medications. Taking them at the right time every day, as prescribed, is important to staying healthy.

ART: ART stands for anti-retroviral therapy, and means the same thing as HIV medications.

Taking your HIV medication on time and in the correct way will help you fight HIV. Your medication controls your viral load (which you want low) and your CD4 count (which you want high).



Adherence is

- Taking the right number of pills for the entire length of time necessary
- Taking the right number of pills per day (for example, for the medication Kaletra, a person usually takes four [4] pills a day, either all at once or two [2] pills in the morning and two [2] pills in the evening)
- Taking medication at the same time every day
- Taking medication at the right number of hours apart
- Taking medication according to dietary instructions
- Following instructions about mixing your medication and other substances

Why is adherence important?

You need to take all of your ART medication so the virus doesn't replicate and damage your CD4 cells, and to make sure that it doesn't become resistant to medication.



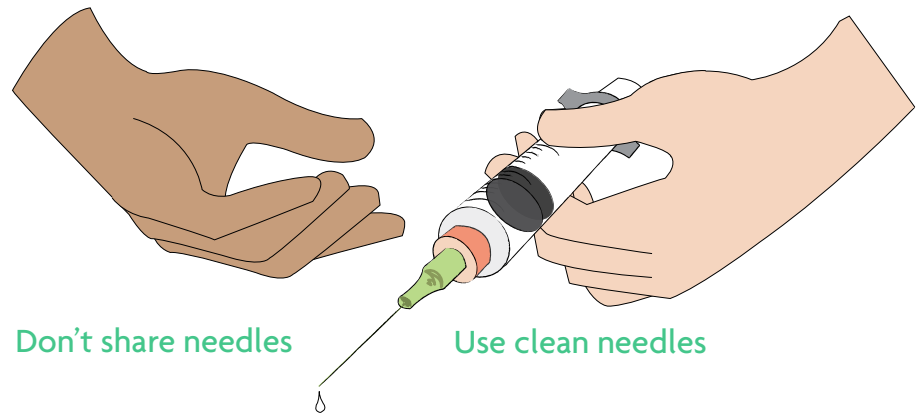
What is Harm Reduction?

Harm reduction is any behavior or strategy that helps reduce risk or harm to yourself or others. For example, to reduce the risk of contracting or transmitting HIV, you can practice safer sex or safer drug use.

Another example of harm reduction for HIV is to decrease or stop drug using so it doesn't interfere with taking your medications.

One thing you can do to protect yourself is to learn how your behavior affects your adherence.

You can also protect others from HIV by practicing safer sex and safer drug use.

















What is Partner Notification?

Partner notification has proved to stop the spread of HIV by informing those exposed to the virus so they can get tested. The majority of people living with HIV/AIDS are willing to change behavior that puts others at risk once they know their own HIV status. The 2000 New York State Public Health Law (63.8) requires providers to discuss sex and needle-sharing partners with HIV-positive patients. As a patient, you are not required to give names of partners to your provider or disclose your HIV status to anyone. However, if your provider knows the name of your partner or spouse, he or she will report it to the New York City Department of Health and Mental Hygiene. Your provider should discuss the options for letting sex and needle-sharing partners know they may have been exposed to HIV. You can work with your provider to decide the best way for you to notify your partner(s).

Tools

Medication List

Medication Name	What Does This Medication Treat?	How Many Times a Day?	How Many Pills Each Time?	With / Without Food? <small>(circle)</small>	Other Instructions	Possible Side-Effects	Things to Watch For																			
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How to Read a Pill Bottle







Filling a Pillbox

- Keep all medications in one location.
- Look at your medication list to make sure you have all your medication.
- Start filling your pillbox with the first medication on your daily chart (page 20) and continue in order.
- Pay attention to the color, size and shape of each pill.
- Check that all pills are placed correctly.
- Keep pillbox in an easy-to-find place.

Pharmacy Information

Pharmacy	
Pharmacy Name	 Pharmacy Phone
 Address	
 Contact	
 Doctor's Office (for refills)	
Allergies	
Notes	

Insurance
Plan Name
Effective Date
 Address
 Phone
Notes

Insurance
Type
Effective Date
 Address
 Phone
Notes

Date

Refilling Medication

How do you receive your medication?

Medication bottles

Blister packs

Pre-filled pillbox

How to Refill Your Medication



Call for a refill. Be prepared to tell the pharmacy your name, date of birth and insurance information. Keep your pharmacy information tool (page 17) handy.



Arrange for medication delivery or transportation to the pharmacy.



Pick up your medications. If you have questions ask the pharmacist.



Check your medications. Do they look different than they normally look?



Fill your pillbox.

Prescription Refills: Barriers and Solutions

Barrier	Solution
No refills left	<ul style="list-style-type: none"> • Call your doctor or clinic. • Ask if he/she can renew the prescription. • Try to call for a new prescription at least two weeks before it runs out.
Your insurance changed and no longer covers the medication	<ul style="list-style-type: none"> • Contact your doctor provider. • Ask him or her to submit a Prior Authorization form to the insurance company. • Once your medication is authorized, order refills. • If it is refused by the insurance company, you may have to switch drugs.
Your insurance plan or ADAP expired	<ul style="list-style-type: none"> • If you are eligible for the AIDS Drug Assistance Program (ADAP), call 800-542-2437. ADAP can usually approve up to 30 days of medications if you have used the program before and are unable to pay. • ADAP can send renewal forms to your care coordinator so you remember to renew. • If you haven't used ADAP, you can download an application at nyhealth.gov. Fax it to 518-459-2749, or mail to ADAP, Empire Station, PO Box 2052, Albany, NY 12220. If you have questions, call 800-542-2437. • If you have a relationship with a clinic, case manager and/or social worker, ADAP can send them the renewal forms as well. • To apply for Medicaid, fill out the Medicaid Application and either make an appointment with your local department of social services or fill out the application at a facilitated enrollment site. For a location near you, call 718-557-1399 or 877-472-8411. • If your medication will run out in less than a week, go to your hospital's benefits office or the hospital affiliated with your clinic to see if you can get a few days of medication for free. • If this doesn't work, call your doctor. He or she may be able to help get the medication.

Prescription Refills: Barriers and Solutions (cont.)

Barrier	Solution
The pharmacy is out of your medication.	<ul style="list-style-type: none"> • Ask your pharmacy to order it. Remember to get refills before you run out.
You can't pick up your refills.	<ul style="list-style-type: none"> • Contact the pharmacy and ask if they can deliver or mail the medication. • See if a friend or family member can pick it up before you run out.
You can't afford the co-pay.	<ul style="list-style-type: none"> • You may be eligible for New York's AIDS Drug Assistance Program (ADAP). • If you have insurance the ADAP Plus Insurance Continuation Program (APIC) can help with the cost of premiums. For more information, call 800-542-2437.
Your pharmacy gave you the wrong medication.	<ul style="list-style-type: none"> • Return it right away and talk to the pharmacist.
The person to whom you feel comfortable talking with at the pharmacy is out for the week.	<ul style="list-style-type: none"> • Contact your Patient Navigator.

Daily Routine Chart

Questions to Ask

Sleeping

- What time do you usually wake up each day?
- What time do you go to sleep?
- Do you ever eat close to bedtime?
- Do you have a routine that you do when you wake up?
- Do you have a routine that you do before going to sleep?

Eating

- What times do you usually eat?
- Who do you eat with? Would you feel comfortable taking pills in front of them?
- Where do you eat? Could you bring your pills with you?
- How do you feel about meal times?
- Are there ways to take your pills on a full stomach without interfering with the social and other pleasures of eating?

Comings and goings

- What times do you usually leave the house?
- What times do you usually come back home?
- What other things do you do at about the same time every day (such as watching TV programs, the kids leaving for school, etc.)?

Weekends

- Repeat the above questions for the weekend or other irregular days.

Things to make it work

- If you need a full stomach at a time other than a normal meal time, try a fatty snack like crackers with peanut butter.

Reminders

- What can you do to remind yourself when it's time to take your pills?
- What changes your schedule?

	Weekday	AM	Weekend
Medication name/ # of pills		6:00	
		7:00	
		8:00	
		9:00	
		10:00	
		11:00	

	Weekday	PM	Weekend
Medication name/ # of pills		12:00	
		1:00	
		2:00	
		3:00	
		4:00	
		5:00	
		6:00	
		7:00	
		8:00	
		9:00	
		10:00	
	11:00		

Pill Chart

Name of Medication	Instructions	Time of Day Taken
		am pm
		am pm
		am pm
		am pm
		am pm

Managing Side Effects

People with HIV can have many different symptoms and possible side effects of medication. It is important to discuss any symptoms with your doctor.

Call your doctor right away (or 911 if you can't reach your doctor) if you have:

- A rash or hives
- Swollen eyes or a swollen tongue
- Difficulty breathing or swallowing

Call your doctor within 24 hours if you have:

- Fever
- Confusion
- Abdominal pain
- Lightheadedness
- Severe weakness
- Severe headache
- Nausea or vomiting
- Jaundice (yellowing of the eyes and skin)
- Diarrhea including dark urine, lightheadedness, muscle cramps
- Blood in your stool

Talk to your doctor within a few days if you have:

- Muscle pain
- Mild weakness
- Mild headache
- Loss of appetite
- Changes in body fat
- Nervousness or anxiety
- Burning or tingling in the feet
- Strange dreams or difficulty sleeping
- Any other symptoms that are troubling you

Side Effects Chart

Side Effect	Medication	Symptom Management	Important Notes
Diarrhea	Often caused by protease inhibitors (PIs), especially: Viracept (nelfinavir) Agenerase (amprenavir), Kaletra (Aluvia, lopinavir/ritonavir), Isentress (raltegravir), Aptivus (tipranavir), Prezista (darunavir) and Norvir (ritonavir)	<ul style="list-style-type: none"> • Drink plenty of water and other clear liquids. • Try a diet of BRAT (bananas, rice, apples and toast) • Some other foods that are good to eat are white bread, white rice, noodles, cottage cheese, yogurt, eggs and potassium-rich foods like bananas, oranges, raisins, dried fruit and baked potatoes. 	<p>Your doctor may prescribe something like Imodium to help reduce the diarrhea.</p> <p>Contact your doctor if the diarrhea is bloody or continues for more than a day, if you have abdominal pain or if you start to become dehydrated.</p>
Nausea	Often caused by Norvir (ritonavir), Invirase (saquinavir), Agenerase (amprenavir), Kaletra, norvir, Isentress (raltegravir), Intelence (etravirine) Prezista (darunavir), combination drugs with the drug tenofovir in them (such as Atripla, Complera, Truvada, and Viread) and other nucleoside reverse transcriptase inhibitors (NRTIs)	<ul style="list-style-type: none"> • Eat something, even if it's just a little bit. • Don't eat large meals at night • Don't lie down for at least a half an hour after eating. • A small snack before you go to bed or right when you wake up can help morning nausea. • Drink plenty of water. • Drink herbal teas like mint, peppermint, chamomile, or ginger tea. • Go for a walk outside. 	<p>Your doctor may be able to prescribe medications like compazine.</p> <p>You should contact your doctor right away if you vomit right after taking your medications or if you vomit several times in 24 hours.</p>
Rash	Often caused by Bactrim (sulfamethoxazole/ trimethoprim), Ziagen (abacavir) (sign of potentially fatal reaction), Sustiva (Stocrin, efavirenz), nevirapine, Viramune and Viramune XR (nevirapine), Agenerase (amprenavir), Aptivus (tipranavir), Selzentry (Celsentri, maraviroc) and other NRTI's (almost any drug can cause a rash)	<ul style="list-style-type: none"> • Take a cool bath. • Use a hypoallergenic moisturizer. • Avoid the sun, hot showers, scented lotions and perfumes. • Don't scratch the rash; it will make the itching worse and potentially hurt your skin. 	<p>Call your doctor to help find out what is causing the rash; you may need to go into clinic, as it is often difficult to treat a rash over the phone.</p>
Fatigue	Often caused by Sustiva (Stocrin, efavirenz), Epivir (lamivudine), combination drugs with AZT in them (such as Combivir, Retrovir, and Trizivir), Combivir, Trizivir	<ul style="list-style-type: none"> • Get plenty of rest. Relax or take an afternoon nap. • Eat a well-balanced diet and take a daily multi-vitamin. • Get some exercise; it can boost your energy. 	

Side Effect	Medication	Symptom Management	Important Notes
Headaches	Often caused by combination drugs with AZT in them (such as Combivir, Retrovir, and Trizivir), Zerit (stavudine, D4T) and Sustiva (Stocrin, efavirenz)	<ul style="list-style-type: none"> • Try yoga, meditation or acupuncture. • Take a break and give yourself some downtime. • Dehydration can also cause headaches, so make sure to drink a lot of fluids. • Try to avoid bright light, watching television and loud noise. 	<p>Your doctor may be able to recommend some over-the-counter or prescription medications.</p> <p>If your pain is severe or lasts more than a day, contact your doctor right away.</p>
Trouble Sleeping, Strange Dreams, Drowsiness	Often caused by Sustiva (Stocrin, efavirenz)	<ul style="list-style-type: none"> • Some people find that side effects from Sustiva are easiest to cope with if you take it just before bed. • Eat at least 2 hours before going to bed. • Avoid large or high-fat snacks around your Sustiva dose. • Exercise or take a hot shower or bath just before bed, or use lavender-scented products. 	
Weight Loss	Could be caused by a variety of factors	<ul style="list-style-type: none"> • Include nutrition and exercise as part of a comprehensive treatment strategy for HIV. • When necessary, take a vitamin or other supplements. 	Talk to your doctor if you lose weight. He or she can help monitor your weight and suggest resources and a safe program for maintaining your weight.
Depression	Could be caused by a variety of factors	<ul style="list-style-type: none"> • Identify resources and support systems. • Talk with your Patient Navigator. 	If you think your depression is related to your medications, call your doctor right away.

Symptom Management Action Plan

Side Effect	Impact on Adherence	Steps you are currently taking	What you can try now	When to tell your PN or physician

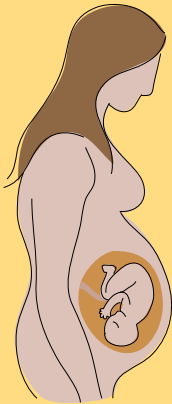
*See side effects chart for suggestions.

How is HIV Transmitted?

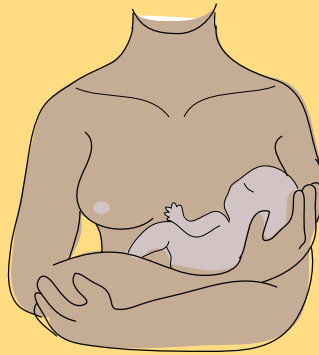
A person can get HIV from someone who is infected with the virus. Blood, breast milk, vaginal fluids, semen and pre-cum can carry HIV.

There is no way to tell if someone has the virus just by looking at them. The only way to know for sure whether you are infected is through a blood test.

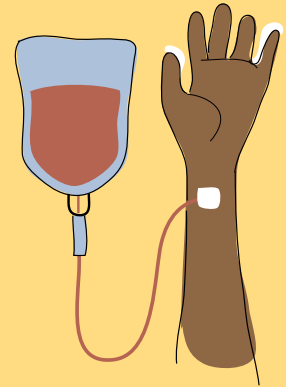
HIV can be transmitted by:



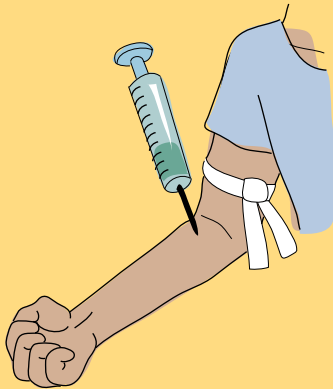
Someone who is HIV-positive and pregnant can pass the virus to their child



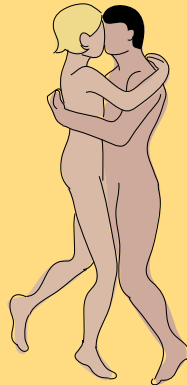
Someone who is HIV-positive and breastfeeding can pass the virus to their child



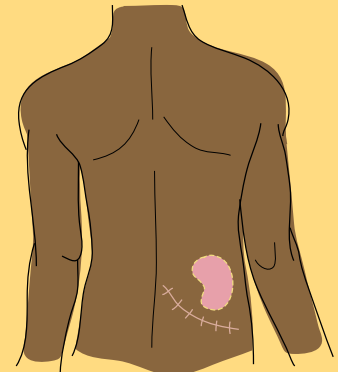
Blood transfusions



Sharing needles with someone who has HIV

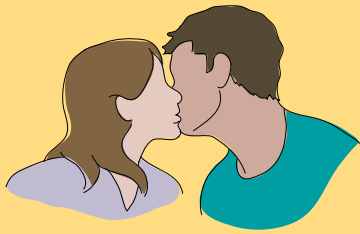


Unprotected anal, oral, or vaginal sex with a person infected with HIV

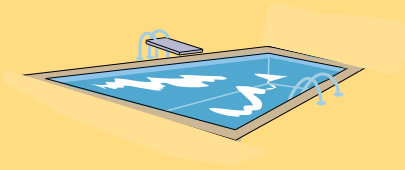


Transplanted organs from infected donors

You Can't Get HIV by:



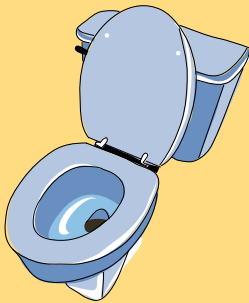
Kissing, touching or hugging



Going to a public bath or pool



Sharing a telephone



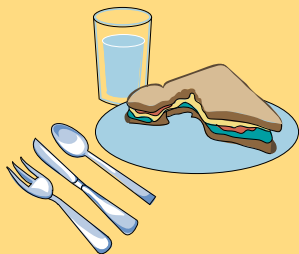
Using a public or private bathroom



An insect bite



Coughing or sneezing



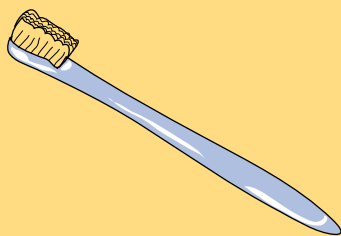
Eating foods prepared by someone who is infected with HIV



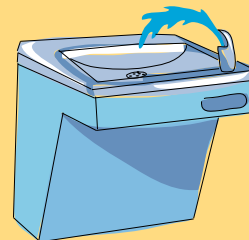
Shaking hands



Working or going to school with someone who is infected with HIV



Sharing a toothbrush



Drinking from a public water fountain

Sites of Possible Infection

How does HIV affect my body?



Notes

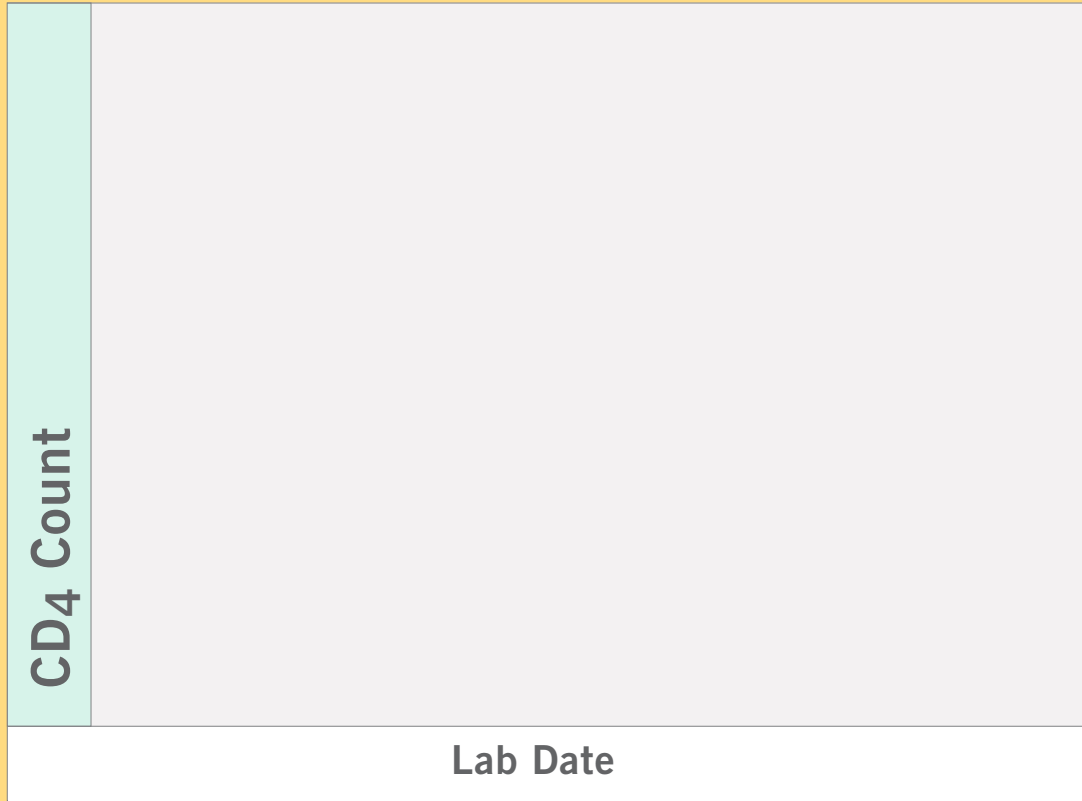
My CD₄ and Viral Load Journal

(See CD₄ and Viral Load Graph on page 33)

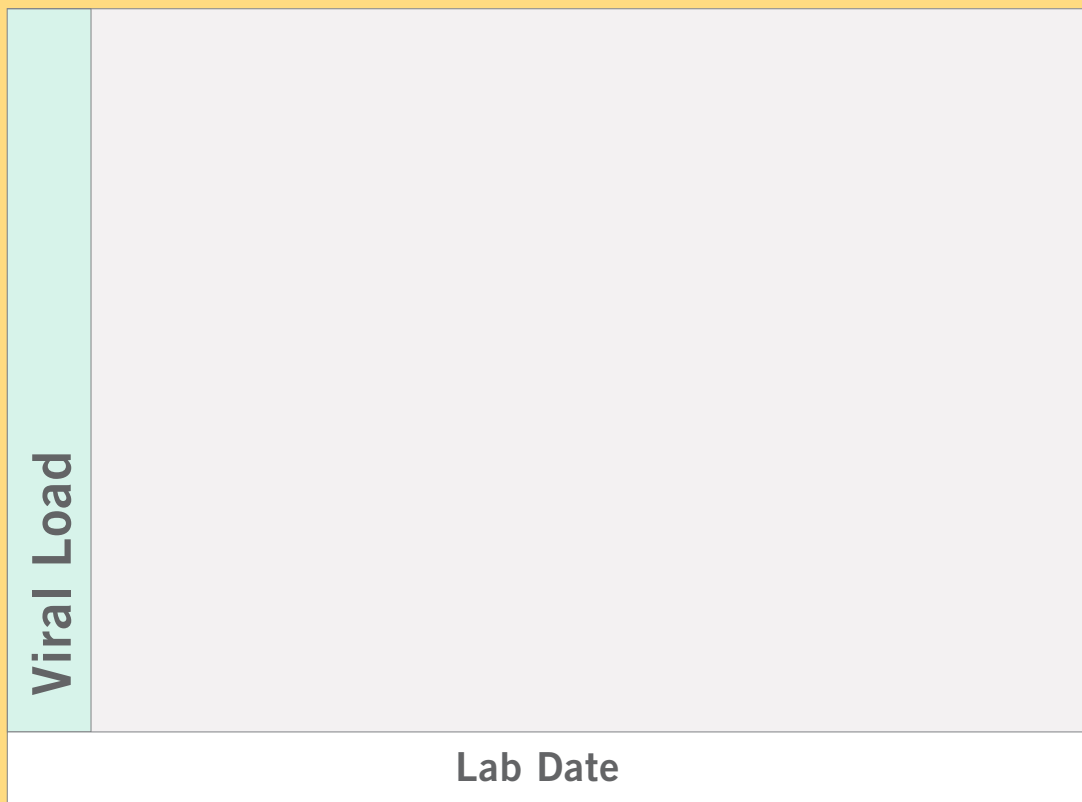
How does HIV affect my body?

	Notes related to my CD ₄ and viral load results
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	

CD₄ Count Graph

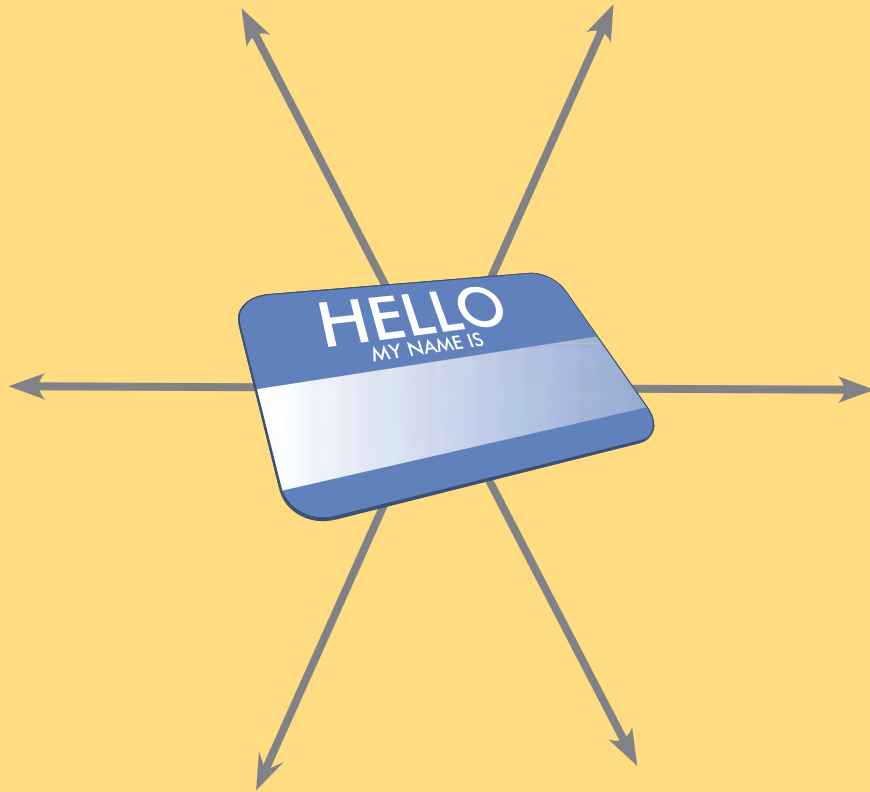







Viral Load Graph



My Support Network

Family Friends Medical Providers Social Services Community Services



	_____
	_____
	_____
	_____
	_____

My Support Network

People I've told about my HIV

Name	Reason for Disclosure	Results

People I would like to tell about my HIV

Name	Pros	Cons

Talking to Others



How do I talk about my illness



How people in my community talk about this illness

 CUT HERE

FOLD HERE

How to talk about my illness with someone I care about

Contact Information			
Name	Relationship	Phone Number	Location
Primary Care Provider			
Other Care Providers			
Community Services			
Other Support			

Personal Contacts			
Name	Relationship	Phone Number	Location

Emergency Contact	
Name	Phone Number

Wallet Cards

Phone Number

Name

EMERGENCY CONTACT

← FOLD

Important Contact Information

Name _____ Relationship _____
 Phone _____
 Address _____

Name _____ Relationship _____
 Phone _____
 Address _____

Name _____ Relationship _____
 Phone _____
 Address _____

PHARMACY PLAN

← FOLD

Pharmacy _____
 Pharmacy Phone _____
 Pharmacy Address _____
 Pharmacy Contact _____
 Doctor's Office (for refills) _____
 Drug Allergies _____

Insurance Plan _____
 Effective Date _____
 Address _____
 Phone Number _____

Insurance Plan _____
 Effective Date _____
 Address _____
 Phone Number _____

Insurance Plan _____
 Effective Date _____
 Address _____
 Phone Number _____

Adherence Strengths and Difficulties

Adherence Strengths	Adherence Difficulties
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Health Maintenance Appointment Tracker

Medical Appointments

Quarterly HIV Provider Visits

Last Appt: _____ Next Appt: _____

Last Appt: _____ Next Appt: _____

Last Appt: _____ Next Appt: _____

Last Appt: _____ Next Appt: _____

Quarterly Blood Tests

Last Appt: _____ Next Appt: _____

Last Appt: _____ Next Appt: _____

Last Appt: _____ Next Appt: _____

Last Appt: _____ Next Appt: _____

Annual Pap Smear

Last Appt: _____ Next Appt: _____

Annual PPD Test (for TB)

Last Appt: _____ Next Appt: _____

Annual Hepatitis B Test

Last Appt: _____ Next Appt: _____

OR Hepatitis B Vaccination

First Shot: _____

Second Shot: _____

Third Shot: _____

Annual Hepatitis C Test

Last Appt: _____ Next Appt: _____

Annual Dentist Visit

Last Appt: _____ Next Appt: _____

Annual Ophthalmologist (eye) Visit

Last Appt: _____ Next Appt: _____

← FOLD

← FOLD

Preparing for Your Appointment

Before Your Visit

Patient ID:

Doctor/Provider:

Date:

Time:

Location:

How will I get there?

- Access-A-Ride Taxi/Car Service Drive Myself
 Subway Family/Friend Other

Is the PN accompanying you? Yes No

Will you need an interpreter? Yes No

Questions and Answers

Q

A

Q

A

Q

A

After Your Visit

Before you leave your appointment

Do I need any medication refills this month?

My next appointment is with:

Date:

Time: AM PM

Location:

What did I talk about with my provider during this appointment?

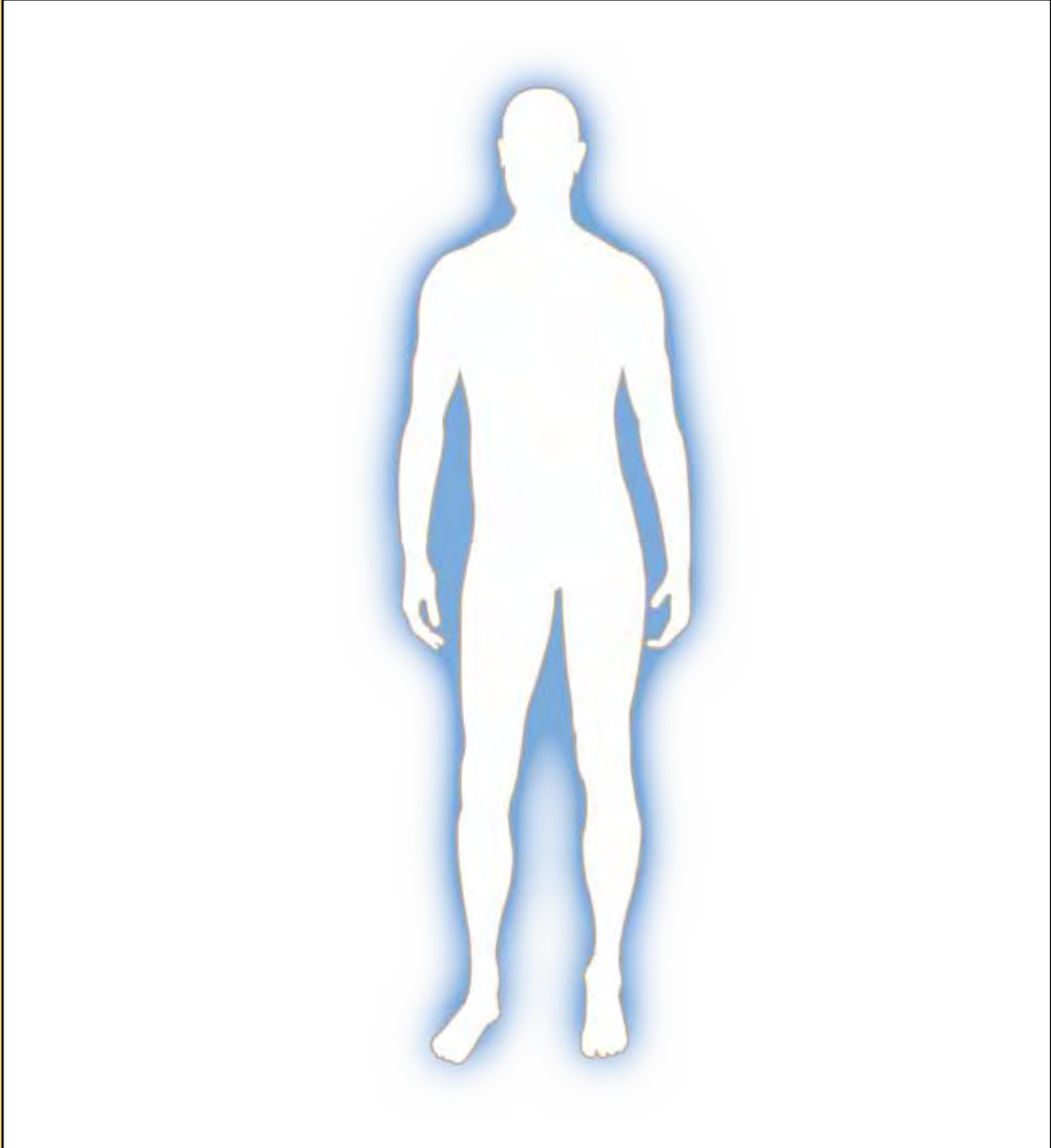
Were there any changes made to my medications? Yes No

If yes, what were they?

Did I have any tests or were any ordered? Yes No

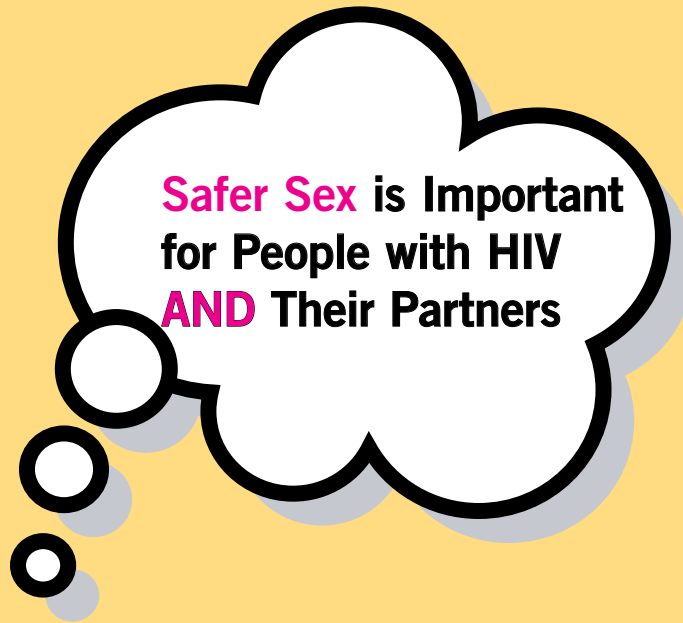
If yes, what were they?

Harm Reduction Body

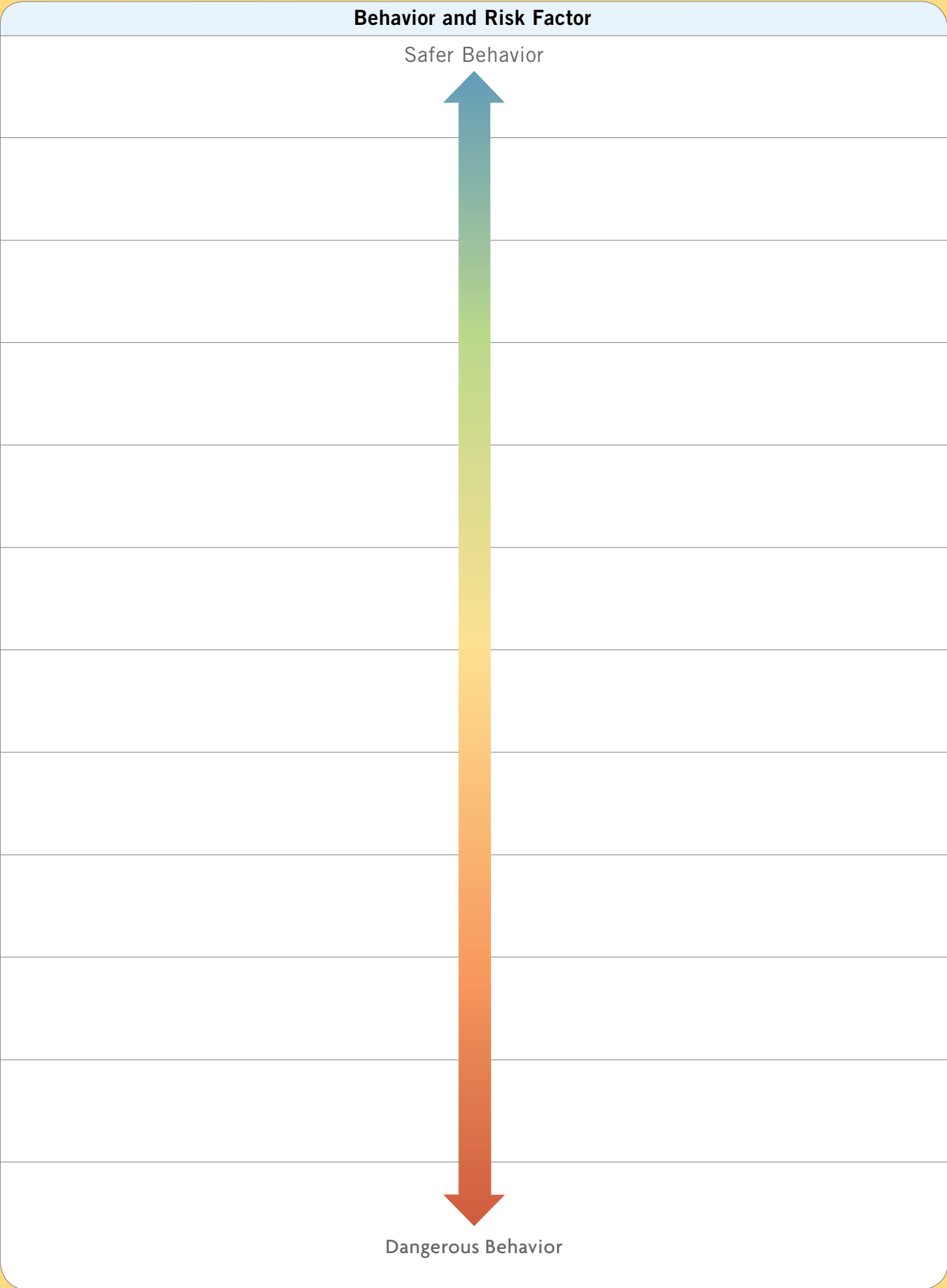


Notes

But Why?



Risk Continuum



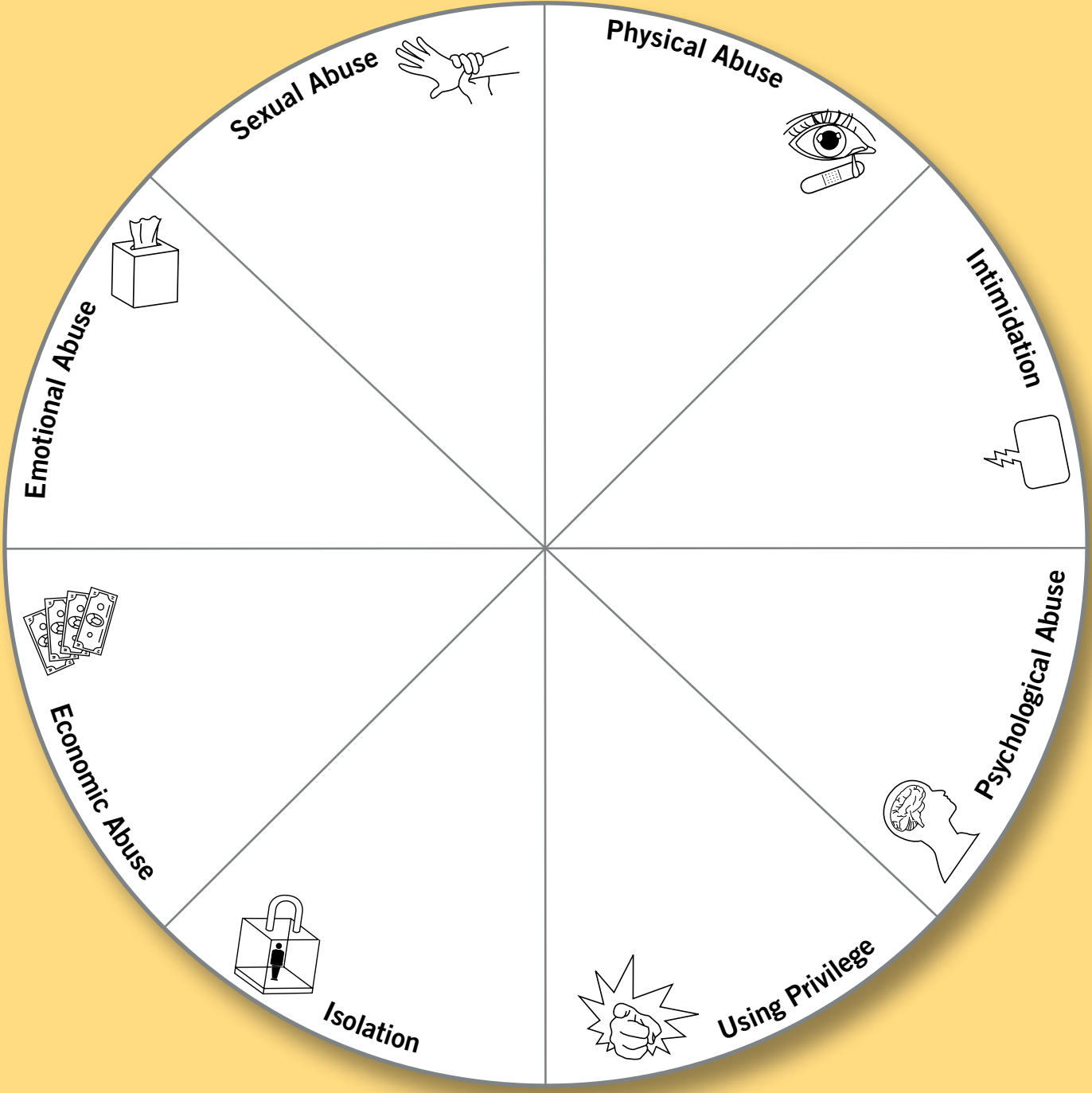
Substance Chart

Recreational Drug Name (and Street Names)	How it enters the body	Potential Health Consequences	Interactions between Recreational Drugs and Antiretrovirals/ Other Prescription Drugs
<p>Marijuana or THC (Blunt, dope, grass, herb, joint, pot, Mary Jane, skunk, weed, “tobacco,” ganja, tree, T)</p>	Swallowed, smoked, eaten	<p>Euphoria, slowed thinking and reaction time, hallucinations, delusions, paranoia, altered time sense, confusion, impaired balance and coordination, cough, impaired memory and learning, increased heart rate, anxiety, panic attacks, impotence, infertility</p> <p>Health benefits: increased appetite, reduced nausea and reduced pain</p>	<p>Interaction with: Protease Inhibitors (PIs), Sustiva (stocrin, efavirenz) and Atripla (efavirenz + tenofovir + emtricitabine)—no actual drug interactions, but may cause a false positive marijuana test</p> <p>Potential Results: PIs can increase marijuana levels; smoked marijuana may lower PI levels. Lower levels of marijuana may be needed for medicinal purposes if PIs are being used.</p>
<p>Benzodiazepines (Ativan, Halcion, Librium, Valium, Xanax, candy, downers, sleeping pills, “pastillas,” beans, the mix, klanopins called K, sanipex called zenys)</p>	Swallowed, injected	Sedation, drowsiness, dizziness, decreased breathing, death	<p>Interaction with: Kaletra (Aluvia, lopinavir/ritonavir), Norvir (ritonavir) and other Protease Inhibitors (PIs), various other antiretroviral therapy (ART), alcohol and other sedatives</p> <p>Potential Results: Many PIs can increase the concentration of benzodiazepines in the body, making them more dangerous.</p>
<p>PCP and analogs (Phencyclidine, angel dust, dust, crank, pick-me-up, space, boat, hog, love boat, peace pill)</p>	Swallowed, injected, smoked	Increased heart rate and blood pressure, impaired motor function, memory loss, numbness, nausea/vomiting, panic, aggression, violence, loss of appetite, depression, seizures, chronic cognitive impairment	<p>Interaction with: Protease Inhibitors (PIs)</p> <p>Potential Results: PIs block degradation of PCP, so PCP can be much more toxic if a patient is also taking PIs.</p>
<p>LSD (Acid, acido, blotter, boomers, cubes, microdot, yellow sunshine, purple haze, “Lucy-in-the-sky-with-diamonds,” best trip, trippn)</p>	Swallowed, absorbed through mouth or tissues	Altered states of perception and feeling, nausea, persistent perception disorder (flashbacks)	<p>Interaction with: Protease inhibitors (PIs) and nonnucleoside reverse transcriptase inhibitors (NNRTIs)</p> <p>Potential Results: PIs and NNRTIs could potentially cause build up of LSD in the body, leading to increased toxic effects.</p>
<p>Ecstasy (E, Molly, happy, X)</p>	Swallowed	Euphoria, confusion, sleep problems, anxiety, blurred vision, brain damage, depression, paranoia, nausea, chills, sweating, liver damage, seizures, kidney damage	<p>Interaction with: Protease Inhibitors, especially Kaletra (Aluvia, lopinavir/ritonavir) and Norvir (ritonavir) Selective serotonin reuptake inhibitors (SSRIs)</p> <p>Potential Results: Using certain ART medications with Ecstasy could result in life-threatening effects, such as heatstroke, dehydration and loss of consciousness.</p>



Substance Chart

Recreational Drug Name (and Street Names)	How it enters the body	Potential Health Consequences	Potential Interactions between Recreational Drugs and Antiretrovirals
<p>Opiates</p> <p>Heroin (Brown sugar, dope, skunk, smack, junk, dogfood, manteca, manterian, estofa, tecata, chiva, caballo blanco)</p> <p>Codeine (Tylenol with Codeine; Captain Cody, Cody, packs, CD, the big bean)</p> <p>Morphine (pins and needles)</p> <p>OxyContin (oxies)</p> <p>Vicodin (V beans)</p> <p>Percocet (perks, pick me up)</p> <p>Demerol (DI)</p> <p>Fentanyl</p>	<p>Injected, smoked, snorted</p>	<p>Pain relief, euphoria, drowsiness, nausea, constipation, confusion, sedation, respiratory depression and arrest, death</p>	<p>Interaction with: Ritonavir Inhibitors</p> <p>Potential Results: Heroin can make an HIV+ person sicker. Ritonavir decreases the effectiveness of codeine.</p>
<p>Cocaine</p> <p>(Blow, bump, C, candy, Charlie, coke, crack, flake, rock, snow, toot, perico, basico, snow, fish scale, pasta, esqueleto)</p>	<p>Injected, smoked, snorted</p>	<p>Increased heart rate and blood pressure, increased mental alertness, rapid or irregular heart beat, reduced appetite, weight loss, heart failure, nervousness, insomnia</p> <p>Also: Long-term snorting can damage the nasal membrane.</p> <p>Smoking hot crack pipes can result in lip blisters/burns, which increase the risk of infections, especially during oral sex.</p> <p>If you use vinegar, lemon or other “organic” acid to make your crack injectable, you can get serious infections. Use ascorbic acid instead.</p>	<p>Interaction with: Protease inhibitors (PIs) Nonnucleoside reverse transcriptase inhibitors (NNRTIs) especially Viramune and Viramune XR (nevirapine), [Sustiva (stocrin, efavirenz), and Atripla (efavirenz + tenofovir + emtricitabine)]</p> <p>Potential Results: Cocaine is known to be toxic to the immune system and could reduce CD4 cells making someone living with HIV sicker. PIs and efavirenz can increase the effects of cocaine, making a dose of cocaine more toxic. Cocaine may increase the risk of liver toxicity with nevirapine use.</p>
<p>Methamphetamine</p> <p>(Crystal meth, crank, crystalspeed, Tina, tweak, ice, white snow, the diet, the thinning, the scar)</p> <p>“Strawberry quick” (a mix of ecstasy, cocaine, and methamphetamine)</p>	<p>Swallowed, snorted, smoked, injected</p>	<p>Euphoria, increased energy and attentiveness, diarrhea, nausea, loss of appetite, insomnia, tremor, compulsive fascination with repetitive tasks, talkativeness, irritability, panic attacks, having very long sex sessions, sexual craving (in the long term, combined with male impotence resulting in preference for being the “bottom”)</p>	<p>Interaction with: Kaletra (Aluvia, lopinavir/ritonavir) Norvir (ritonavir) Rescriptor (delavirdine) Selective serotonin reuptake inhibitors (SSRIs)</p> <p>Potential Results: Methamphetamines can increase levels of ritonavir in the body to more toxic levels.</p>
<p>Alcohol</p>	<p>Swallowed</p>	<p>Slurred speech, loss of inhibition, unsteady gait, hypothermia, impotence, memory loss, coma and death. Chronic use can cause hepatitis, pancreatitis, liver failure and chronic memory problems</p>	<p>Interaction with: Agenerase (amprenavir)</p> <p>Potential Results: Alcohol use while taking ARVs could result in a decreased ability to maintain adherence. Chronic alcohol users are also at greater risk of infections; not taking your HIV meds can make this worse.</p>
<p>Tobacco/Cigarettes</p>	<p>Smoked, chewed</p>	<p>Weakened immune system, cancer (of lungs, mouth, throat, esophagus and other), frequent colds, chronic bronchitis, emphysema, stroke, heart disease</p>	<p>Potential Results: A harder time fighting off HIV-related infections, since tobacco weakens the immune system.</p> <p>Smoking increases the risk of lung infections like bacterial pneumonia and pneumocystis pneumonia (PCP). It increases the risk of thrush and whitish mouth sores, as well as mycobacterium avium complex (MAC). Smoking while taking some ARVs can worsen hepatitis.</p> <p>Those who smoke are more likely to experience side-effects of HIV medications, such as nausea and vomiting.</p>

Power and Control Wheel



Safety Strategies Flow Chart (Optional)

Unsafe Situations	Safety Strategies
	

Your Daily Diet



What time did you eat/drink?	How much did you eat/drink?	What did you eat/drink?
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Snack		

Partner Notification

Who is considered a partner?

Partners are:

- **People you have sex with.** This includes vaginal, anal or oral sex.
- **People you have shared needles or works with** to inject drugs, hormones, steroids or even vitamins or medicine.

Your partners need to know that they **may have HIV** and that they should **get an HIV test**. Once you tell your partners they can get tested for HIV, they can also get medical care if they have HIV, and learn how to prevent giving HIV to others.

Should I tell others about my HIV?

It is a good idea to tell your health care providers so they can give you the proper medical care. If you like, you may want to tell family or friends. They can help support you as you get used to living with HIV.

Are there resources to help me talk to my partners?

New York City has a free program called CNAP (Contact Notification Assistance Program) which helps you let partners know that they should get tested for HIV. New York State's program is called PNAP (PartNer Assistance Program). CNAP/PNAP counselors can:

- Help you plan when, where and what to say to your partners
- Be with you when you tell your partners
- Tell your partners for you without sharing your name

CNAP and PNAP are free, safe, private and helpful. In New York City, call 212-693-1419 or 311 and ask for CNAP. Or call 800-541-AIDS for a PNAP counselor. If you have access to the Internet, you can also notify your partner about exposure to HIV and other sexually transmitted infections using an anonymous online service called inSPOT NYC at inspot.org.

Partner Notification

How can I prepare to tell my partner that he or she has been exposed to HIV?

<p>Step 1: Weigh the pros and cons.</p>	<p>There are many reasons some people choose to tell their partners themselves. Telling your partner allows you to be open about your HIV infection and offer support as your partner gets the HIV test and learns the results.</p> <p>For some it may be better to have someone else tell your partner. You may want to consider having someone else tell your partner if you don't know how the person will react or think your partner may get angry and hurt you or someone else.</p> <p>Just remember, it's okay if you're not ready to tell your partner yourself because CNAP/PNAP can have your partner get an HIV test without sharing your name.</p>
<p>Step 2: Be ready to share facts about HIV.</p>	<p>Your partner will probably have questions after you tell them you have HIV. You should be prepared to share some basic information about how people get HIV, how and where to get tested for HIV, the difference between HIV and AIDS and how to prevent the spread of HIV.</p> <p>For more information about HIV/AIDS and where to get an HIV test, call the New York State Department of Health HIV/AIDS Hotline: 800-541-AIDS 800-233-SIDA (Spanish)</p>
<p>Step 3: Decide if you want help.</p>	<p>Even if you want to tell your partner yourself, you do not have to do it alone. Sometimes it is helpful to have someone support you who can help answer any questions your partner may have about HIV, and help you in case your partner gets angry. If you want help, you should determine whose help you would like and ask if that person is willing. Some ideas can include your HIV case manager, doctor, counselor or CNAP/PNAP counselor.</p>
<p>Step 4: Find the right time and place.</p>	<p>When and where you talk to your partner can make a big difference. Think carefully about the right place and time to tell your partner.</p> <p>Try to find a place:</p> <ul style="list-style-type: none"> • where you and your partner will feel comfortable • that offers some privacy • where you can feel safe and get help if necessary <p>Talk to your partner at a time:</p> <ul style="list-style-type: none"> • when you will be able to say all you want to say • when your partner can respond and ask questions • when your partner can schedule an HIV test
<p>Step 5: Plan what you will say.</p>	<p>You may be nervous when the time comes to talk to your partner and you may have a hard time remembering what you want to say. Planning and practicing what you want to say can help you communicate clearly to your partner.</p> <p>However you choose to tell your partner, the most important thing to say is: I have HIV, you may also have HIV, and you should get tested.</p> <ul style="list-style-type: none"> • There are lots of other things you may want to say. Think about, discuss and write down your ideas. • What was helpful to hear when you first tested positive? What are some sentences or phrases you want to say? How would you put them together? • Acting out the situation will help you when the time comes. If you have someone you trust, role play and practice what you want to say with that person.
<p>Step 6: Prepare for a reaction.</p>	<p>It is difficult to know how your partner will react. Think about some possible reactions and then plan how you would handle each situation. Just remember that you are sharing this information because you want to protect your partner's health.</p>
<p>Step 7: Get support.</p>	<p>It is also difficult to know how you will feel after telling your partner. Identify someone whom you can talk to for support after you tell your partner. A counselor, HIV case manager or CNAP/PNAP counselor can help you cope with your own feelings and reactions.</p>

Food Resources

- **Food Stamp Centers:**

Centers are open Monday through Friday, 8:30 to 5. Those with an asterisk stay open until 6 pm daily and are also open Saturday 9 am to 5 pm.

Brooklyn

Coney Island

2865 West 8th Street
1st Floor
Brooklyn, New York 11224
718-265-5621
718-265-5612

East New York

404 Pine Street
1st Floor
Brooklyn, New York 11208
718-827-3961
718-827-3444

Ft. Greene

275 Bergen Street
1st Floor
Brooklyn, NY 11217
718-473-8510
718-694-8196

Williamsburg

30 Thornton Street
4th Floor
Brooklyn, NY 11206
718-963-5115
718-963-5140

Bronx

Concourse*

1375 Jerome Avenue
2nd Floor
Bronx, NY 10452
718-637-2401
718-590-7235

Crotona

1910 Monterey Avenue
5th Floor
Bronx, NY 10457
718-901-0287
718-901-5459

Melrose

260 East 161 Street
4th Floor
Bronx, NY 10451
718-664-1607
718-664-2175

Manhattan

East End

2322 Third Avenue
3rd Floor
New York, NY 10035
212-860-5159
212-860-5147

Washington Heights

4055 10th Avenue
Lower Level
New York, NY 10034
212-569-9829
212-569-9835

St. Nicholas

132 W. 125th Street
3rd Floor
New York, NY 10027
212-666-1434
212-666-8788

Waverly*

12 West 14th Street
4th Floor
New York, NY 10011
212-352-2519
212-352-2524

Queens

Long Island City

32-20 Northern Blvd.
4th Floor
LIC, NY 11101
718-784-6123
718-784-6315

Jamaica*

165-08 88th Avenue
3rd Floor
Jamaica, NY 11432
718-883-8356
718-883-8344

Rockaway

219 Beach 59th St.
1st Floor
Rockaway, NY 11692
718-637-2754
718-637-2750

Staten Island

Richmond*

201 Bay Street
1st Floor
Staten Island, NY 10301
718-390-6827
718-390-6994

To apply for WIC (Women, Infants and Children) benefits, call 800-522-5006

Additional Resources

- 1. God's Love We Deliver**
 Home-delivered meals
 Nutritional counseling
glwd.org
 166 Avenue of the Americas
 New York, NY 10013
 212-294-8102 or 800-747-2023
- 2. The Momentum Project**
 Congregate meals
 Pantry bags
 Nutritional counseling
themomentumproject.org
 322 Eighth Avenue
 New York, NY 10001
 212-691-8100
- 3. Gay Men's Health Crisis**
 Congregate meals
 Nutritional counseling and education
 Pantry bags (including short-term/emergency)
 Nutritional supplements
gmhc.org
 446 West 33 Street
 New York, NY 10001-2601
 212-376-1263
- 4. La Nueva Esperanza**
 Congregate meals
 Home-delivered meals
 Pantry bags (including take-home cooked meals)
 213 Johnson Avenue
 Brooklyn, NY 11206
 718-497-7592
- 5. Bronx AIDS Services**
 Nutritional counseling and education
 Pantry bags (including emergency and special)
 540 East Fordham Road
 Bronx, NY 10458
 718-295-5605
- 6. Iris House**
 Congregate meals
 Home-delivered meals
 Nutritional counseling and education
 Pantry bags
iris.house.org
 2348 Adam Clayton Powell Jr. Blvd.
 New York, NY 10030
 646-548-0100
- 7. Harlem United Community AIDS Center**
 Congregate meals
 Nutritional counseling and education
harlemunited.org
 306 Lenox Avenue, 3rd Floor
 New York, NY 10027
 212-860-0820
- 8. Project Hospitality**
 Congregate meals
 Nutritional education
 Pantry bags
projecthospitality.org
 100 Park Avenue
 Staten Island, New York 10302
 718-448-1544
- 9. Food Bank for New York City**
 Congregate meals
 Home-delivered meals
 Nutritional counseling and education
 Pantry bags
foodbanknyc.org
 39 Broadway, 10th Floor
 New York, NY 10006
 212-566-7855
- 10. Metropolitan Community Church of New York**
 Pantry bags
mccny.org
 446 W 36th St
 New York, NY 10018-6344
 212-629-7440

11. AIDS Center of Queens County

Pantry bags
 Nutritional counseling
 Workshops on healthy eating
 acqc.org
 161-21 Jamaica Avenue, 6th Floor
 Jamaica, NY 11432

1139 Foam Place
 Far Rockaway, NY 11691

Jamaica: 718-896-2500
 Far Rockaway: 718-868-8645

12. AIDS Service Center of Lower Manhattan

Onsite meal program
 Pantry bags
 41 East 11th Street, 5th Floor
 New York, NY 10003
 212-645-0845, ext. 303

13. Bronxworks Inc.

Free lunch and dinner served daily
 Pantry bags
 Nutritional supplements
 Nutritional assessments and counseling
 Workshops on healthy eating
 bronxworks.org
 2054 Morris Avenue
 Bronx, NY 10453
 718-716-5559, ext. 2534

14. CAMBA

Congregate meals
 Pantry bags
 Nutritional counseling
 camba.org
 19 Winthrop Street
 Brooklyn NY 11225
 718-462-8654

15. Heritage Health and Housing

Congregate meals
 Home-delivered meals
 Pantry bags
 heritagencyc.org
 44 Convent Avenue
 New York, NY 10027
 212-531-8760 ext 1218

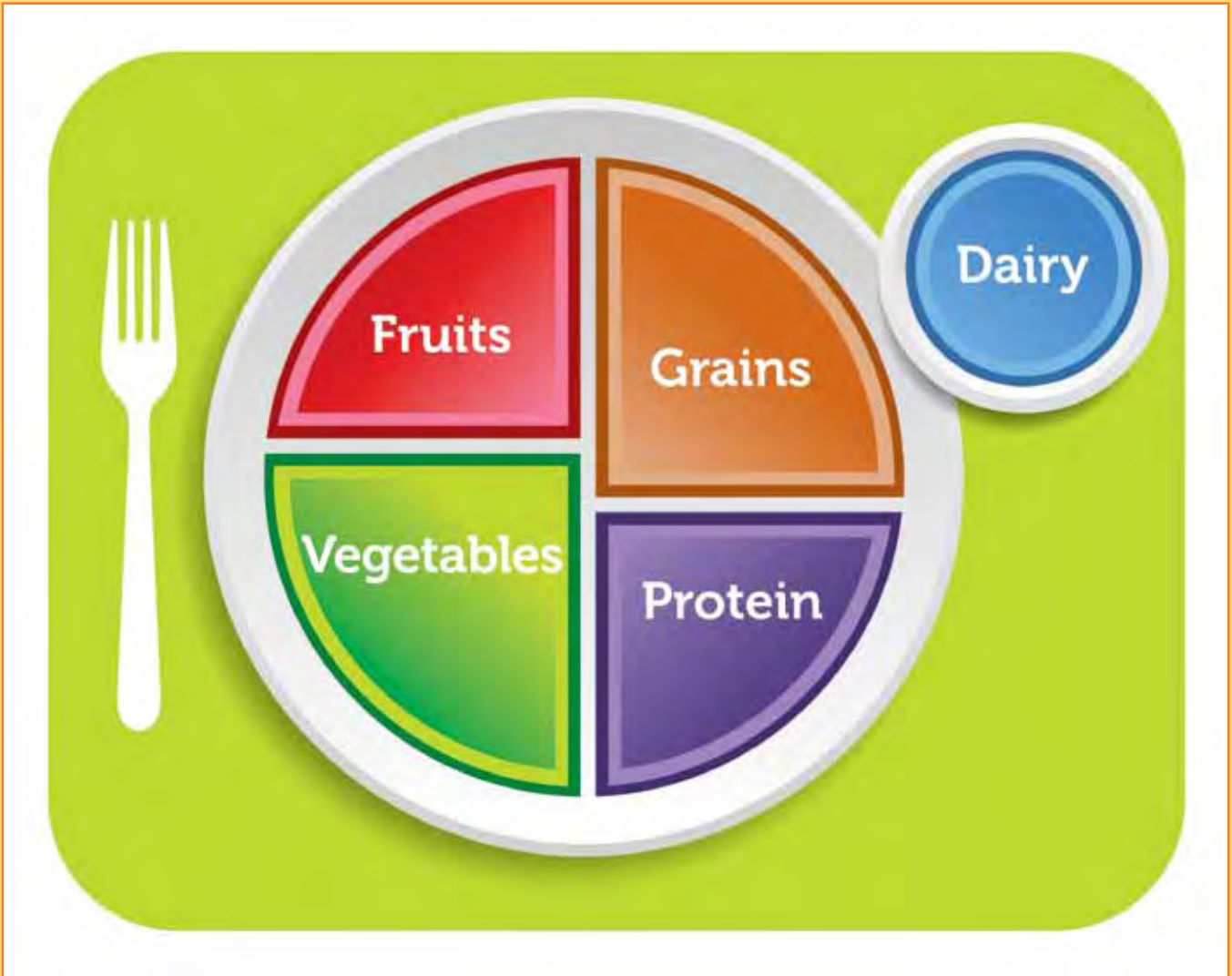
16. St. Luke's Roosevelt Hospital Center for Comprehensive Care

Nutritional counseling and education
 centerforcare.org
 Morningside Clinic-St. Luke's Hospital
 390 West 114th Street, 3rd floor
 New York, NY 10025

Samuels Clinic-Roosevelt Hospital
 1000 10th Avenue, Suite 2T
 New York, NY 10019

West 17th Street Clinic
 230 West 17th Street between
 7th and 8th Avenues (6th, 7th and
 8th floors)
 New York, NY 10011
 212-523-6500

Food Plate



http://www.choosemyplate.gov/downloads/mini_poster_English_final.pdf

Definitions

Adherence	Adherence comes from the word “adhere.” To adhere to something means to stick to or stay with something. Adherence is extremely important when taking your HIV medications.
AIDS	AIDS stands for Acquired Immune Deficiency Syndrome .
ART	Anti-retroviral therapy or ART are the medications that work to prevent HIV from copying itself in your body. ARVs or HAART are other names.
CD ₄	CD₄ cells are immune cells that the HIV attacks. Sometimes they are also called T-cells or helper T-cells. The higher your CD₄ count, the stronger your immune system is.
CD ₄ Count	This is a measure of CD ₄ cells in your body. Your CD₄ count tells your doctor how strong your immune system is. A person with a CD₄ count of less than 200 is said to have AIDS.
Cells	Cells are the building blocks of life. All living things consist of at least one cell. Cells contain genetic information and the machinery that carries out many of the processes of a living organism.
Hallucinogens	Hallucinogens , or psychedelics, are drugs that affect perception, sensation, thinking, self-awareness and emotions. LSD, acid, peyote and 'shrooms are hallucinogens.

Harm Reduction

Harm reduction is any behavior or strategy that helps to reduce risk or harm to yourself and others. For example, to reduce your risk of getting HIV, you can practice safer sex or safer drug use by using condoms or using clean needles.

HAART

HAART stands for **highly active anti-retroviral therapy**. Some people may refer to your ART regimen as **HAART**.

HIV

HIV stands for **human immunodeficiency virus**. **HIV** attacks CD4 cells and uses their machinery to make copies of itself. HIV is the virus that causes AIDS.

Immune System

The **immune system** is the body's infection fighter. It helps the body fight all kinds of illnesses including colds, flu, pneumonia and viruses such as HIV. The **immune system** is made up of many different types of cells that interact with each other and work together to serve as our defense against bacteria, viruses, fungi and parasites that cause infectious illnesses.

Opportunistic Infections

Opportunistic infections (OIs) are those infections that may harm the body when the immune system is weakened. When the immune system is strong and not weakened by HIV, it fights off OIs. Some examples of OIs include pneumocystitis pneumonia (PCP), thrush, mycobacterium avium complex (MAC), shingles and toxoplasmosis.

Sedatives

These are the drugs that slow down the brain and the central nervous system (CNS). They can cause calmness, relaxation, sleepiness, slowed breathing, slurred speech, staggering gait, poor judgment and slow, uncertain reflexes. Examples of **sedatives** are alcohol, Valium, pain killers (barbiturates) and heroin (opioids).

STDs

Sexually transmitted diseases (STDs) are also known as venereal diseases or sexually transmitted infections. **STDs** are diseases or infections that humans can transmit by means of sexual contact, such as vaginal intercourse, oral sex and anal sex. Practicing safe sex or harm reduction techniques can decrease your chances of getting **STDs**.

Side Effects

Side effects are the unwanted effects that your medications can cause. Common **side effects** of ART are nausea, vomiting and fatigue, among many others.

Stimulants

Stimulants are drugs that temporarily increase alertness and wakefulness. Examples of common **stimulants** are amphetamines such as crystal meth, cocaine and crack.

Viral Load

Viral load is a test to measure the amount of HIV in your blood. Your doctor often uses this test to see how well your anti-retroviral medications are working.

Undetectable Viral Load

An **undetectable viral load** is when there is so little virus in your blood that a test can't measure it. The virus is still present in the body, but in very small amounts.

Virus

A **virus** is a small infectious particle that needs the help of a host organism to reproduce or make copies of itself. A **virus** consists of genetic material (DNA or RNA) enclosed by a shell.

Resources

Health Care Provider		
Care Coordination Program		
Care Coordinator		
Patient Navigator		
311	Connects to many government services	3-1-1
911	Connects to ambulances, fire services and police	9-1-1
AIDS	National HIV/AIDS Treatment Hotline	800-822-7422
	National AIDS Information Clearinghouse	800-458-5231
	Gay Men’s Health Crisis Hotline	800-AIDS-NYC
	NIAID AIDS Clinical Trials	866-284-4107
Adult Education	NYC Department of Education, Office of Adult and Continuing Education	Bronx: 718-863-4057 Brooklyn: 718-638-2635 Manhattan/SI: 212-666-1919 Queens: 718-361-9480 Education Services: 718-557-2567 adultednyc.org
	City University of New York Division of Adult and Continuing Education	cuny.edu

Resources

Domestic Violence and Sexual Assault Hotlines	Child Abuse and Maltreatment Register	800-342-3720
	National Domestic Violence Hotline	800-799-SAFE or 800-787-3224 (TDD)
	NYC Crime Victims Hotline	212-577-7777
	NYC/Safe Horizon Domestic Violence Hotline	800-621-HOPE (4673) 866-604-5350 (TDD) safehorizon.org
	NYC Elderly Crime Victims Resource Center	212-442-3103
	NYC Incest/Sexual Assault 24-Hour Hotline	212-267-7273
	NY State Coalition Against Domestic Violence Hotline	800-942-6906 (English) 800-818-0656 (English TDD) 800-942-6908 (Spanish) 800-780-7660 (Spanish TDD) nyscadv.org
	Safe Horizon Rape and Sexual Assault Hotline	212-227-3000
	Youthline (crisis intervention and service referral)	800-246-4646
	Events	The Positive Life Workshop (Information and support for people living with HIV)
Food and Nutrition	God's Love We Deliver	212-294-8102 or 800-747-2023 glwd.org
	Growing Up Healthy (Women and Children)	800-522-5006
	The Momentum Project	212-691-8100, x2121 themomentumproject.org
	Gay Men's Health Crisis	212-376-1263 gmhc.org
	La Nueva Esperanza	718-497-7592

Resources

Food and Nutrition	Bronx AIDS Services	718-295-5605 basnyc.org
	Iris House, a Center for Women Living with HIV, Inc.	646-548-0100 irishouse.org
	Harlem United Community AIDS Center	212-860-0820, x2644 harlemunited.org
	Project Hospitality	718-815-0800 projecthospitality.org
	Food Bank for New York City	212-566-7855 foodbanknyc.org
	Metropolitan Community Church of New York	212-629-7440 mccny.org
	HHC Health and Home Care, Behavioral Health Program	866-692-4663 (NY-B-HOME) homecarenyc.org
	HIV/AIDS Services Administration	212-971-0626
	New York State AIDS Institute, ADAP Plus	800-542-2437 health.state.ny.us
	New York City Department for the Aging	nyc.gov/html/dfta
	New York State Department of Health	311 800-942-3858 health.state.ny.us
	New York City Human Resource Administration, Adult Protective Services	212-630-1853 or 311 nyc.gov/html/hra
	Community Healthcare Network	866-CHN-8259 chnnyc.org

Resources

Food and Nutrition	New York State Office of Temporary and Disability Assistance	800-342-3009 otda.ny.gov
	Visiting Nurse Service of New York	212-609-1521 vnsny.org
Housing	African Services Committee	212-222-3882 africanservices.org
	AIDS Center of Queens County	718-896-2500 acqc.org
	The Ali Forney Center	212-222-3427 aliforneycenter.org
	The Bridge, Inc.	212-663-3000 thebridgeny.org
	Brooklyn AIDS Task Force	718-596-3635, ext. 8 bac-ny.org
	Church Avenue Merchant’s Block Association (CAMBA)	718-287-2600 camba.org
	Catholic Charities Neighborhood Services, Circle of Hope	718-338-4716 ccbq.org
	Catholic Charities Neighborhood Services, Casa Bethsaida	718-218-7890 ccbq.org
	CitiWide Harm Reduction Program, Inc.	718-292-7718 citiwidehr.org
	Bronxworks	718-365-0910 bronxworks.org
	Federation Employment Guidance Services	718-760-1205 fegs.org
	The Fortune Society	212-691-7554 fortunesociety.org

Resources

Housing	Gay Men’s Health Crisis Advocacy Helpline	212-367-1125 gmhc.org
	HASA Service Line	212-971-0626
	Haitian Centers Council, Inc.	718-940-2200 hccinc.org
	Harlem United Community AIDS Center	212-803-2850 harlemunited.org
	Housing Works, Inc.	877-296-9264 housingworks.org
	Institute for Community Living	212-385-3030 iclinc.net
	MTI Residential Services	718-492-1733
	The Osborne Association	718-707-2600, x2657 osborneny.org
	The Partnership for the Homeless	212-645-3444 partnershipforthehomeless.org
	Project Hospitality	718-448-1544 projecthospitality.org
	Safe Horizon	Bronx: 718-933-1000 Brooklyn: 718-834-6688 Manhattan: 212-316-2100 Queens: 718-899-1233 x100 Staten Island: 718-720-2591 safehorizon.org
	Services for the UnderServed	718-852-0587 sus.org

Resources

Job and Career Centers	Workforce 1 Career Center	Bronx: 718-960-2458 Bronx Hunts Point: 718-542-6777 Brooklyn: 718-246-5219/718-246-3973 (TDD) Manhattan: 917-493-7000 Queens: 718-557-6755 Staten Island: 718-285-8388
	Brooklyn Public Library, Education and Job Information Center	718-623-7000 brooklynpublib.org
	Church Avenue Merchants Block Association (CAMBA), Economic Development Program	718-287-2600/800-662-1220 (TDD) camba.org
	Catholic Charities Brooklyn and Queens, Neighborhood Services World of Work Program	Brooklyn: 718-758-9491 Queens: 718-779-1831 ccbq.org
	Goodwill Employment Support and Training	Bronx: 718-401-2555 Brooklyn: 718-372-0450 Queens: 718-777-6345
	Chinese-American Planning Council, Inc., Employment and Training Division	212-941-0041 cpc-nyc.org
	Federation Employment Guidance Services, Employment Services	212-524-1790 fegs.org
	New York City Housing Authority, Resident Employment Services	718-289-8100 nyc.gov/html/nycha
	New York State Education Department, Adult Career and Continuing Education Services-Vocational Rehabilitation	Bronx: 718-931-3500 Brooklyn: 718-722-6700, 718-722-6736 (TDD) Manhattan: 212-630-2300 or 2302 Queens: 347-510-3100, 718-760-8835 (TDD) Staten Island: 718-816-4800 vesid.nysed.gov
	New York State Department of Labor, Division of Employment and Workforce Solutions	Bronx: 718-960-7901 Brooklyn: 718-780-9200 Manhattan: 917-493-7200/212-775-3771 labor.state.ny.us

Resources

	StreetWise Partners, Inc.	646-705-0029 streetwisepartners.org
	Dress for Success Worldwide (low-income women)	212-532-1922 dressforsuccess.org
	New York City Department of Youth and Community Development (under 21)	800-246-4646 nyc.gov/html/dycd
	US Department of Labor, Occupation Information Network	online.onetcenter.org/find
	State University of New York Educational Opportunity Center	Bronx: 718-530-7000 brx.eoc.suny.edu Brooklyn: 718-488-9843 bkl.eoc.suny.edu Manhattan: 212-961-4320 man.eoc.suny.edu North Bronx: 718-547-1001 nbx.eoc.suny.edu Queens: 718-725-3300 qns.eoc.suny.edu
Legal Services	African Services Committee, Inc.	212-222-3882 africanservices.org
	AIDS Center of Queens County, Inc.	718-896-2500 acqc.org
	Bronx AIDS Services, Inc.	718-295-5605 basnyc.org
	The Family Center, Inc.	212-766-4522 x113 thefamilycenter.org
	Gay Men's Health Crisis, Inc.	212-367-1040 gmhc.org
	HIV Law Project, Inc.	212-577-3001 hivlawproject.org

Resources

Legal Services	Legal Aid Society, HIV/AIDS Representation Project	212-426-3000 legal-aid.org
	Manhattan Legal Services	212-348-7449 legalservicesnyc.org
	New York Council on Adoptable Children, Inc.	212-475-0222 coac.org
	Project Hospitality, Inc.	718-720-8172 projecthospitality.org
	South Brooklyn Legal Services, Inc.	718-237-5500 sbls.org
Mental Health Services	AIDS Center of Queens County (Rego Park)	212-896-2500 acqc.org
	Community Counseling and Mediation (Prospect Heights)	718-935-9201
	Gay Men's Health Crisis, Inc.	212-367-1165 gmhc.org
	Haitian Centers Council	718-221-9640 hccinc.org
	Harlem United Community AIDS Center	212-803-2850 x2383 harlemunited.org
	Henry Street Settlement (Lower East Side)	212-233-5032 henrystreet.org
	HHC Harlem Hospital	212-939-1000
	Community Healthcare Network	866-CHN-8259 chnnyc.org
Mental Health Providers	HHC Woodhull Medical and Mental Health Center (Bushwick/Bedford)	718-963-8033
	Housing Works, Inc.	212-966-0466, x1141 housingworks.org

Resources

Mental Health Providers	Institute for Community Living, FOCUS Program (Bedford Stuyvesant)	212-385-3030 iclinc.net
	New York Presbyterian Hospital, Pediatric Special Needs Clinic (Washington Heights)	212-305-9099
	Project Hospitality, Inc. (Staten Island)	718-876-7716, x234 projecthospitality.org
	Salvation Army (Belmont)	718-329-5410
	Sunset Park Family Health Center Network of Lutheran Medical Center (Achieve Clinic)	718-437-5280
Post-Incarceration Services	Exponents	212-463-8180 exponents.org
	The Fortune Society	212-691-7554 fortunesociety.org
	Women's Prison Association	212-292-7741 wpaonline.org
STD Clinics	Bushwick	335 Central Avenue (between Linden and Grove Streets)
	Central Harlem	2238 Fifth Avenue (137th Street)
	Chelsea	303 Ninth Avenue (28th Street)
	Corona	34-33 Junction Blvd. (Roosevelt/Northern)
	East Harlem	158 East 115th Street (off Lexington Avenue)
	Fort Greene	295 Flatbush Avenue Extension
	Jamaica	90-37 Parsons Boulevard, 1st Flr. (off Jamaica Avenue)
	Morrisania	1309 Fulton Ave (E. 169th Street off 3rd)
	Riverside	160 West 100th Street (between Columbus and Amsterdam)
Staten Island	51 Stuyvesant Place (St. George)	

Resources

STD Clinics	Test Results Line	347-396-7959 (in NYC) 877-364-8191 (outside NYC)
	Substance Use (General)	
	Alcoholics Anonymous	212-647-1680 nyintergroup.org
	Narcotics Anonymous	212-929-6262 na.org
	National Clearinghouse for Alcohol and Drug Information	800-729-6686 samhsa.gov
	National Council on Alcoholism and Drug Dependence	800-NCA-CALL (800-622-2255) ncadd.org
	New York City Al-Anon	212-941-0094 nycalanon.org
	New York City Crisis Intervention and Referral Services	800-LIFENET (800-543-3638) 877-AYUDESE (877-298-3373)
	NYC Smoking Cessation Programs	311 nyc.gov/health
Substance Use (Harm Reduction)	AIDS Center of Queens County	718-739-2525, x6564 acqc.org
	AIDS Service Center of Lower Manhattan	212-645-0875, x342 ascnyc.org
	Beth Israel Medical Center (Women's Project)	212-420-2326
	The Bridge, Inc.	212-663-3000 thebridgeny.org
	Brooklyn AIDS Task Force	718-596-3635 bac-ny.org

Resources

Substance Use (Harm Reduction)	Callen-Lorde Community Health Center	212-271-7200 callen-lorde.org
	CitiWide Harm Reduction Program	718-292-7718, x225 citiwidehr.org
	Bronxworks The Living Room	718-893-3606 bronxworks.org
	Center for Community Alternatives	Crossroads for Men: 718-858-9658, x206 Crossroads for Women: 212-691-1911 communityalternatives.org
	Exponents	212-463-8180 exponents.org
	FROST'D	212-924-3733 frostd.org
	Gay Men's Health Crisis, Women in Action Harm Reduction Program	212-367-1357 gmhc.org
	Gay Men's Health Crisis, Positive Prevention (women)	212-367-1325 gmhc.org
	Gay Men's Health Crisis, Team 119 Mental Health and Group Services	212-367-1165 email: team119@gmhc.org
	Harlem United Community AIDS Center	212-531-1300 harlemunited.org
	Heritage Health and Housing	212-690-0195 heritagenyc.org
	HHC Bellevue Hospital Center (Virology Clinic)	212-562-4038
	HHC Harlem Hospital Center	212-939-3701
	HHC Metropolitan Hospital Center	212-423-6262
HHC North Central Bronx Hospital Center	718-519-3305	

Resources

Substance Use (Harm Reduction)	HHC Queens Hospital Center	718-883-4975
	Iris House	646-548-0100, x243 irishouse.org
	Lower East Side Harm Reduction Center	212-226-6333, x139 leshrc.org
	Planned Parenthood of New York City (Project Street Beat)	212-965-4823 ppnyc.org
	Project Hospitality	718-876-7716, x315 projecthospitality.org
	Safe Horizon (Youth Streetwork Project)	212-695-2220, x1 safehorizon.org
	Tolentine Zeiser Community Life Center	718-364-7650 tzclc.org
	United Bronx Parents, Inc.	718-617-6060 ubpinc.org
	William F. Ryan Community Health Center	Upper West Side: 212-749-1820 Lower East Side: 212-477-8500 Midtown West: 212-265-4500 ryancenter.org
Counseling and Family Services	African Services Committee	212-222-3882 africanservices.org
	Church Avenue Merchants Block Association (CAMBA)	718-287-2600 camba.org
	New York Coalition on Adoptable Children	212-475-0222 coac.org
	Project Hospitality	718-876-7716 projecthospitality.org
	Research Foundation of State University of New York (Star Center)	718-270-3745
	The Family Center	212-766-4522 thefamilycenter.org

Safety Plan

1

Develop an action plan for the “worst case scenario” (e.g., make a code with neighbors to signal to call the police, program phone to dial 911 or a family member for help).

2

Identify “safe” people for support (e.g., family, friends, neighbors, health care providers, teachers, clergy, counselors, co-workers).

3

Find out about legal rights and options. Identify local resources.

4

Pack a bag with clothes, other essentials and copies of house and car keys in case they are needed quickly.

Safety Plan

5

Put important documents and other valuable items in a safe place, including:

- | | |
|--|--|
| <input type="checkbox"/> Identification | <input type="checkbox"/> Keys to house, car and office |
| <input type="checkbox"/> Birth certificates | <input type="checkbox"/> Driver's license and car registration |
| <input type="checkbox"/> Social security cards | <input type="checkbox"/> Welfare information |
| <input type="checkbox"/> Passports, visa, work permits | <input type="checkbox"/> Divorce papers |
| <input type="checkbox"/> School and medical records | <input type="checkbox"/> Lease, rental agreement, house deed |
| <input type="checkbox"/> Insurance cards and information | <input type="checkbox"/> Address book |
| <input type="checkbox"/> Medication/prescriptions | <input type="checkbox"/> Jewelry, sentimental items |
| <input type="checkbox"/> Money, bankbooks, credit cards | <input type="checkbox"/> Children's favorite toys and blankets |

6

Attend a support group for people in similar situations.

7

Gather as much information as possible and put together alternatives to your current situation.

Notes

Lined area for notes, consisting of multiple horizontal lines.

This publication was supported by grant number H89HA00015 from the Department of Health and Human Services, Health Resources Services Administration, HIV/AIDS Bureau (HRSA).