

The County of Santa Cruz Integrated Community Health Center Commission

AGENDA

July 13th, 2016 @ 12:30 pm

Meeting Location:

1080 Emeline Avenue, Small Auditorium (basement)
Santa Cruz, CA 95060

5901 Christie Ave, Suite 502, Behavioral Health Concepts
Emeryville, CA 94608

ORAL COMMUNICATIONS - Any person may address the Commission during its Oral Communications period. Presentations must not exceed three (3) minutes in length, and individuals may speak only once during Oral Communications. All Oral Communications must be directed to an item not listed on today's Agenda, and must be within the jurisdiction of the Commission. Commission members will not take actions or respond immediately to any Oral Communications presented, but may choose to follow up at a later time, either individually, or on a subsequent Commission Agenda.

Welcome and Introductions

1. Welcome/Introductions
2. Oral Communications
3. Review and Accept May 25th, 2016 Meeting Minutes
4. Budget/Financial Update
5. CEO Update
6. Quality Management Committee Update

Action Items from Previous Meetings:

Action Item	Person(s) Responsible	Date Completed	Comments
<i>Action Item 1: Provide report on current STI education provided and other staff training</i>	Amy Peeler		
<i>Action Item 2: Invite Public Health to present the current STI health education campaign</i>	Amy Peeler		
<i>Action Item 3: Provide report on ridership numbers for the Emeline bus service</i>	Amy Peeler	7/13/2016	
<i>Action Item 4: Conduct survey of Commission members on their availability</i>	Jessica McElveny	7/13/2016	

Next meeting: Wednesday, August 10th 12:30 pm-2:30 pm (small auditorium, 1080 Emeline, Santa Cruz, CA)

The County of Santa Cruz Integrated Community Health Center Commission

Minute Taker: Jessica McElveny

Minutes of the meeting held *May 25th, 2016*

1. Attendance	
Rama Khalsa	Chair
Rahn Garcia	Co-Chair
Gustavo Mendoza	Member
Christina Berberich	Member
Kristen Meyer	Member
Nicole Pfeil	Member
Fernando Alcantar	Member
Giang Nguyen	County of Santa Cruz, Health Services, Director of Health Services
Amy Peeler	County of Santa Cruz, Health Services, CEO of Clinics
Michael Beaton	County of Santa Cruz, Health Services, Director of Administrative Services
Jeanette Garcia	County of Santa Cruz, Health Services, Admin Services Manager
Nikki Yates	County of Santa Cruz, Health Services, Accountant III
Jessica McElveny	County of Santa Cruz, Health Services, Admin Aide
Meeting Commenced at 12:40 pm and concluded at 1:46 pm	
2. Apologies/Absent	
Apologies were noted from: Pamela Hammond Absent:	
3. Oral Communications	
4. Review of March 9th, 2016 minutes	
Kristin motioned for the acceptance of the minutes, the motion was seconded by Nicole. The rest of the members present were in favour.	
5. Budget/Financial Update and Approval	
Michael Beaton did a presentation on the proposed budget for FY 16-17. Rama motioned for the acceptance of the proposed budget, the motion was seconded by Gustavo. The rest of the members present were in favour.	
6. Quality Management and Plan Approval	
Kristen motioned for the acceptance of the quality management plan, the motion was seconded by Nicole. The rest of the members present were in favour.	
7. Extended Hours for Emeline Clinic Approval	
Nicole motioned for the acceptance of proceeding with extended hours for Emeline Clinic, the motion was seconded by Christina. The rest of the members present were in favour.	
8. Commission Membership	
Dinah Philips was approved by the Board of Supervisors to join the CO-Applicant Board.	
Action Item 1: Provide report on current STI education provided and other staff training	Amy Peeler
Action Item 2: Invite Public Health to present the current STI health education campaign	Amy Peeler
Action Item 3: Send Commission members the budget hearing information	Jessica McElveny
Action Item 4: Provide report on ridership numbers for the Emeline bus service	Amy Peeler
Action Item 5: Conduct survey of Commission members on their availability	Jessica McElveny

Next Meeting: *June 8th at 12:30 pm at 1080 Emeline Ave, Santa Cruz, CA*

SAC Clinical Measures Worksheet - Santa Cruz Health Services Agency

Clinical Performance Measures (from EHB)		SCHSA Baseline Homeless 2014*	SCHSA Baseline All Pts 2015	Num	Denom	SCHSA Goal for 2017	2014 UDS CA Perf	2014 USA Natl Perf	HP2020 Goals	COMMENTS
1	Diabetes HbA1c > 9%	12%	35%	348	1,006	30%	67.4% (33%)	68.8% (31%)	83.9% (16%)	CA and Natl data based on definition: HbA1c <=9%
2	CVD - BP < 140/90	58%	61%	1,192	1,962	65%	64.5%	63.7%	61.2%	
3	Cancer - Cervical Cancer Screening	49%	52%	1,746	3,375	60%	58.6%	56.3%	93.0%	
4 **	Cancer - Cervical Cancer Screening	49%		939	1,911	55%			93.0%	
5	Child - Vaccines before 3rd birthday	100%	82%	103	126	85%	78.5%	77.2%	80.0%	
6	Oral Health - Sealants age 6-9	no data	no data	184	1,519	5%	no data	no data	28.0%	
7 **	Oral Health - Homeless w one visit	16%	16%			20%	no data	no data	33.2%	HP2020 goal based on low income 2 to 18 yo; not a direct match
8	Prenatal - enter care first trimester	0%	no data			35%	77.1%	72.2%	77.9%	
9	Perinatal - Birthweight < 2500 grams	33%	no data			15%	5.9%	7.3%	7.8%	
10	Wt Assmt Couns for Childr and Adolesc	31%	59%	1,076	1,836	65%	58.4%	56.6%	none	CA and Natl data based on adolescents only
11	Adult weight screening and followup	26%	29%	2,705	9,404	35%	57.7%	56.1%	none	
12	Asthma - Pharmacologic Therapy	88%	99%	74	75	95%	80.7%	80.8%	95.9%	CA and Natl data based on "appropriate treatment plan"; unsure if it is a match with CPM definition
13	CAD - Lipid Therapy	60%	69%	107	155	75%	76.2%	78.4%	none	
14	IVD - Aspirin Therapy	77%	79%	337	426	80%	77.0%	76.8%	none	
15	Cancer - Colorectal Cancer Screening	15%	31%	1,205	3,949	40%	34.8%	34.5%	70.5%	
16	Depression Scr & and Follow-up - 12 yo+	23%	30%	2,510	8,291	35%	39.1%	38.8%	adolescent 2.2% adult 2.3%	
17 **	Depression Scr & and Follow-up - 12 yo+	23%		1,207	5,219	30%			adolescent 2.2% adult 2.3%	
18	Tobacco Use Scr & Cessation - 18yo+	56%	83%	6,706	8,107	85%	79.7%	81.0%	assmt 68.6% cessation 21.1%	
19	HIV Linkage to Care	no data	88%	14	16	95%	76.20%	77.30%	none	

*Homeless population represents 25% of total patients served for primary care CY 2014 (does not include Planned Parenthood Mar Monte homeless patients)

** denotes measure for Homeless Population

Santa Cruz Aids Project (SCAP)

About Us

The Santa Cruz AIDS Project (SCAP) serves men, women and children who are HIV positive living in Santa Cruz County. Our mission is to promote and participate in a comprehensive and compassionate response to HIV and AIDS through education, advocacy, and supportive services. All care services are free, confidential and offered within a non-judgmental environment. Care services include case management, financial assistance, benefits advocacy, wellness opportunities, and access to our food pantry. SCAP is a welcoming place. We celebrate and value each person entering our doors for services regardless of age, race, culture, gender, gender identity, gender expression, sexual orientation, lifestyle, background, religion, ability, or income.

Mission Statement

The Santa Cruz AIDS Project was founded in 1985 by a group of dedicated volunteers with the mission to lead a community response to the ever-changing HIV/AIDS pandemic, to enhance the quality of life through powerful support programs, to advocate effectively for the health and dignity of those living with HIV, and to reduce the spread of HIV through results-oriented and measured education and prevention programs that are tailored to specific at-risk community groups and focused on the health of Santa Cruz County.

Educational Presentations

Educational Presentations include information on HIV, STIs, HCV, Harm Reduction and stigma. Presentations are done by staff or volunteers at residential treatment programs, schools, jails, and counseling groups.

Outreach

Outreach to organizations consists of providing information and safer sex supplies for participants to take. The street outreach program includes staff and volunteers walking around passing out our outreach packets and talking to people about HIV testing and harm reduction.

Outreach Packets Include:

- Safer Worker: Bleach, water, cookers, cottons, Band-Aids, and an alcohol pad.
- Safer Sex: Safer sex supplies and information about testing.
- Hygiene: Soap, toothbrushes, socks, shampoo, etc., as well as safer sex supplies and information about testing.

542 Ocean Street

Santa Cruz, CA 95060

Phone: (831) 459-0444

E-mail: css@encompasscs.org

<http://www.encompasscs.org/community-support-services/santa-cruz-aids-project-scap>

Santa Cruz AIDS Project

Education and Prevention



The Santa Cruz AIDS Project

The Santa Cruz AIDS Project (SCAP) serves men, women and children who are HIV positive living in Santa Cruz County. Our mission is to promote and participate in a comprehensive and compassionate response to HIV and AIDS through education, advocacy, and supportive services. All services are free, confidential and offered within a non-judgmental environment. Services include case management, access to medical care, financial assistance, food bank, volunteer support, and pro bono professional support services.

SCAP is a welcoming place. We celebrate and value each person entering our doors for services regardless of age, race, culture, gender, gender identity, gender expression, sexual orientation, lifestyle, background, religion, ability, or income.

Mission Statement

The Santa Cruz AIDS Project was founded in 1985 by a group of dedicated volunteers with the mission to lead a community response to the ever-changing HIV/AIDS pandemic, to enhance the quality of life through powerful support programs, to advocate effectively for the health and dignity of those living with HIV, and to reduce the spread of HIV through results-oriented and measured education and prevention programs that are tailored to specific at-risk community groups and focused on the health of Santa Cruz County.



Watsonville Office
Wednesday-Friday 10-3PM
585 Auto Center Drive
Watsonville, CA 95076
Phone: (831) 722-5914

Santa Cruz Office
Monday- Friday 10am-3PM
542 Ocean Street
Santa Cruz, CA 95060
Phone: (831) 427-3900

Proyecto SIDA de Santa Cruz

El Proyecto SIDA de Santa Cruz (SCAP) sirve a hombres, mujeres y niños que viven en el Condado de Santa Cruz y son VIH positivos. Nuestra misión es promover y participar en una exhaustiva y compasiva respuesta hacia el VIH y el SIDA, a través de servicios educativos, de abogacía y de apoyo. Todos los servicios son gratis, confidenciales y son ofrecidos en un ambiente libre de prejuicios. Los incluyen, manejo de caso, acceso a cuidados médicos, asistencia financiera, Banco de comida, apoyo de voluntarios, así como servicios profesionales de asistencia sin cargo alguno.

SCAP es un lugar acogedor. Celebramos y valoramos cada persona que ingresa a nuestras puertas en busca de servicios, independientemente de su edad, raza, género, identidad de género, expresión de género, orientación sexual, estilo de vida, antecedentes, religión, capacidades o ingresos.

Misión

El Proyecto SIDA de Santa Cruz fue fundado en 1985 por un grupo de voluntarios. Este grupo de voluntarios estaba dedicado a la misión de dirigir una respuesta comunitaria contra la siempre cambiante pandemia del VIH/SIDA, para mejorar la calidad de vida a través de poderosos programas de apoyo, para mantener efectivamente la salud y la dignidad de aquellos que viven con VIH, así como para reducir la expansión de VIH, por medio de resultados, medidas educativas y programas de prevención que son adaptados hacia específicos grupos en la comunidad que están en riesgo y enfocados en la salud del Condado de Santa Cruz.

Oficina Watsonville
Miércoles-Viernes 10-3PM
585 Auto Center Drive
Watsonville, CA 95076
Phone: (831) 722-5914

Oficina Santa Cruz
Lunes- Viernes 10am-3PM
542 Ocean Street
Santa Cruz, CA 95060
Phone: (831) 427-3900

HIV & AIDS

WHAT IS HIV?

Human Immunodeficiency Virus

HIV is a virus that damages or destroys the cells of the immune system, weakening a body's response to infection.

What is AIDS?

Acquired Immuno-Deficiency Syndrome

AIDS develops when HIV has caused serious damage to the immune system. When a person with HIV has a t-cell count of 200 cells/mm³ or less, then the disease is classified as AIDS.

HOW CAN A PERSON REDUCE THEIR RISK OF CONTRACTING HIV?

- Get tested regularly and have STI's treated.
- Know your status and ask partners their status.
- Use water based or silicon based lubricant which can reduce tearing or abrasions that often happen during sex. Look for "condom compatible" on the label.
- Avoid rough sex.
- Use a form of barrier protection (condoms, dental dams).
- Use clean needles and works.
- Don't share injection equipment and mark your equipment so you know what is yours.

For more information about HIV testing in Santa Cruz County please call 1(831) 454-2437 or the Santa Cruz AIDS Project at 1(831) 427-3900.

The only way to know if you have HIV is to get tested. Some people may experience flu-like symptoms, rapid weight loss, fever or night sweats, mouth or throat infections, diarrhea, memory loss, rash, and swollen lymph nodes.

HIV can only be transmitted through five bodily fluids:	One of these five fluids has to enter your body through one of these four openings:
<ul style="list-style-type: none">• Blood• Breast Milk• Vaginal Fluids• Semen• Pre-Ejaculatory Fluids	<ul style="list-style-type: none">• Veins• Tip of Penis• Anus• Vagina

VIH y SIDA

¿QUÉ ES EL VIH?

Virus de Inmunodeficiencia Humana

El VIH es un virus que daña o destruye las células del sistema inmunológico, debilitando una respuesta del organismo hacia la infección.

¿QUÉ ES EL SIDA?

Es el Síndrome de Inmunodeficiencia Adquirida

El SIDA se desarrolla cuando el VIH ha causado un daño serio al sistema inmunológico. Cuando una persona con el VIH tiene un conteo de células T que es disminuido hasta 200 células/mm³ o menos, entonces la enfermedad se clasifica como SIDA.

¿CÓMO PUEDE UNA PERSONA REDUCIR EL RIESGO DE CONTRAER EL VIH?

- Hacerse la prueba regularmente y tratar las ETS.
- Conocer su estatus y preguntar a su pareja acerca del suyo.
- Lubricante con base de agua o de silicón puede reducir el desgarramiento y las abrasiones que frecuentemente suceden durante el sexo. Busque condones que dicen ser compatibles en la etiqueta.
- Evitar sexo duro o fuerte.
- Utilizar una forma de barrera protectora (condones, dique dental).
- Utilizar agujas limpias y el programa de intercambio de agujas.

Para mayor información acerca de la prueba del VIH en el Condado de Santa Cruz por favor llame al teléfono 1(831) 454-2437 o al Proyecto SIDA de Santa Cruz al teléfono 1(831) 427-3900.

La única manera de saber si tiene VIH es haciéndose la prueba. Algunas personas pueden experimentar síntomas parecidos a la gripe, la pérdida rápida de peso, fiebre o sudores nocturnos, infecciones de la boca o de la garganta, diarrea, pérdida de memoria, erupción cutánea y ganglios linfáticos.

El VIH solamente puede ser transmitido a través de los fluidos del cuerpo tales como:	Uno de estos cinco fluidos tiene que entrar al cuerpo a través de uno de estos cuatro aberturas.
<ul style="list-style-type: none">• Sangre• Leche Materna• Fluidos Vaginales• Semen• Fluidos Eyaculatorios	<ul style="list-style-type: none">• Venas• La punta del pene• Ano• Vagina

Pre-Exposure Prophylaxis (PrEP)

What is PrEP?

Pre-Exposure Prophylaxis (PrEP) is a daily medication that HIV-negative people take to reduce their risk of being infected with HIV. Truvada is currently the only FDA-approved drug for PrEP. Risk for HIV infection was reduced by more than 90% among those who take Truvada for PrEP consistently every day.

Where can you get PrEP?

You will need to visit a health center that provides primary care services and talk with your medical provider about your sexual health when you ask for Truvada for PrEP.

For more information go to <http://www.projectinform.org/prep/>

Post-Exposure Prophylaxis (PEP)

What is PEP?

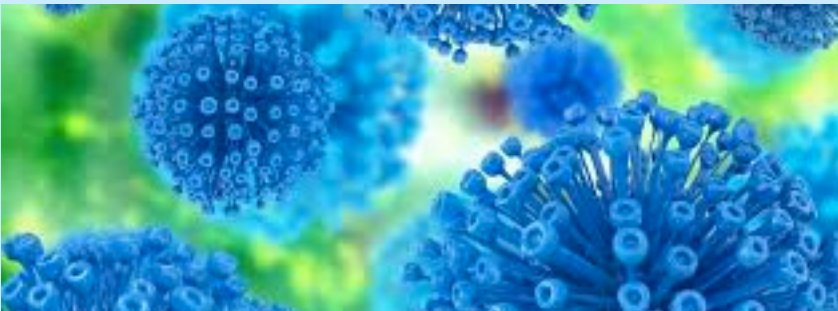
PEP (Post-Exposure Prophylaxis) is a medicine that you can take if you are HIV-negative and you believe you have just been exposed to HIV. If you take PEP as directed, it can stop the HIV virus from infecting your body.

When should you take PEP?

PEP needs to be taken as soon as possible after you have been exposed, ideally within 2 hours. The sooner PEP is taken, the more likely it is to stop HIV infection. PEP is less likely to work when taken more than 36 hours (a day and a half) after the exposure. If this happens, your doctor will talk to you about whether PEP is right for you. PEP is not a "morning-after pill." You must take it for 28 days. Do not skip doses. Try to take the pills close to the same time every day.

Where can you get PEP?

Go to a hospital emergency department right away. Or, if you can talk to your primary care provider right away, call as soon as possible.



Profilaxis Previa a la Pre-Exposición

¿Qué es PrEP?

Profilaxis Previa a la Exposición se refiere a cuando las personas están en alto riesgo de contraer VIH y toman medicamentos diariamente para reducir el riesgo y probabilidades de infectarse con el VIH. Truvada es actualmente el único medicamento aprobado por la FDA (Administración de Medicamentos y Alimentos.) El riesgo de infección con el VIH se redujo por más del 90% entre aquellos que toman Truvada para su PrEP de manera consistente cada día.

¿Dónde puedo obtener la PrEP? (Profilaxis antes de la Exposición)

Necesitarás ir a un Centro de Salud que proporcione servicios médicos de atención primaria. Necesitarás hablar con tu proveedor de servicios médicos acerca de tu salud sexual cuando pidas Truvada para tu PrEP.

Para obtener más información, vaya a <http://www.projectinform.org/prep/>

Profilaxis Posterior a la Exposición (PPE)

(Tratamiento Preventivo)

¿Qué es PPE? (PEP en Inglés)

PPE (Profilaxis Posterior a la Exposición) es un medicamento que puedes tomar si eres VIH negativo y crees que has estado expuesto recientemente al VIH. Si tomas PEP como se indica, puede parar el virus de infectar tu organismo con VIH.

¿Cuándo deberías de tomar un PPE?

El PPE necesita ser tomado lo más pronto posible después de haber estado expuesto, idealmente dentro de las siguientes dos horas. Mientras más rápido el PPE es tomado, es más probable que disminuya el riesgo y detenga la infección de VIH. Es menos probable que el PPE trabaje cuando se toma 36 horas (un día y medio) después de la exposición. Si esto sucede, el doctor hablará contigo con respecto a si el PPE es lo apropiado para ti. El PPE no es la "pastilla del día siguiente." Debes de tomarla por 28 días. Toma todas las dosis.

¿Dónde puedo obtener la PPE?

Ve a un hospital de emergencia inmediatamente. O si puedes hablar con tu proveedor de atención médica primerio en seguida, llámalo lo más pronto posible.



Sexually Transmitted Infections

Sexually transmitted infections (STIs) are very common and many of them are treatable. STIs are passed through sexual contact or the exchange of body fluids. Using barrier methods like condoms can help prevent yourself from exposure. Many people who have an STI don't have any obvious symptoms or signs. If you test positive for an STI then it is important that your sexual partners get tested and treated. Many STIs don't have symptoms. The only way to really know if you have an STI is to get tested. STI testing is considered preventative health care and is covered by all insurances, including Medi-Cal.

Some noticeable symptoms may include:

- An unusual discharge or smell from your vagina or penis.
- Pain in your pelvic area when you urinate, or while having sex.
 - Burning or itching around your genitals.
- Sores, bumps, or blisters near your sex organs, rectum, or mouth.
 - Flu-like feelings, with fever, chills, and aches.

Bacterial infections	Viral Infections	Parasitic Infections
Treatable with antibiotics	Managable with medications	Treatable with medications
•Chlamydia •Gonorrhea •Syphilis	•Hepatitis B ** •Herpes •HIV/AIDS •HPV/Genital Warts ** ** Vaccination available	•Scabies •Trichomoniasis/ "Trich" •Pubic lice or crabs

There are also many local clinics such as Planned Parenthood that will work with people who are uninsured. Do not let cost be a barrier or obstacle to your health.

Enfermedades de Transmisión Sexual

Las enfermedades de transmisión sexual (ETS) son muy comunes y muchas de ellas son tratables. Las ETS son transmitidas a través del contacto sexual o del intercambio de fluidos del organismo. Utilizando métodos de barrera como condones, puede ayudar a prevenirte de la exposición. Muchas personas que padecen una ETS no tienen ningún síntoma o señal obvia, así que es importante obtener los hechos acerca de cómo son diseminadas y siempre tener sexo seguro. Si tu prueba es positiva para una ETS, entonces es importante que tu pareja sexual se haga la prueba y reciba tratamiento. Muchas ETS no tienen síntomas. La única manera de saber si tienes una ETS es hacerse la prueba. La prueba es considerada como medicina preventiva y está cubierta por todos los seguros, incluyendo a Medi-Cal.

Algunos síntomas notorios pueden incluir:

- Una secreción u olor inusual de tu vagina o pene.
- Dolor en tu área pélvica, al orinar o al tener relaciones sexuales.
 - Ardor o comezón alrededor de tus genitales.
- Llagas, bultos o ampollas cerca de tus órganos sexuales, el recto o la boca.
- Síntomas como de gripe con fiebre, resfriado, escalofrío y dolores.

Enfermedades Bacterianas	Enfermedades Virales	Infecciones Parasitarias
Tratadas con antibióticos	Manejables con medicamento	Tratables con medicamento
·Chlamidia ·Gonorrea ·Sífilis	·Hepatitis B ** ·Herpes ·VIH/SIDA ·VPH/Verrugas ·Genitales ** ** Vacuna disponible	·Sarna ·Tricomoniasis / "Trich" ·Liendre o piojo púbico

Existen también muchas clínicas locales como Planned Parenthood que trabajará con las personas sin seguro médico. No permitas que el costo sea una barrera o un obstáculo para tu salud.

Hepatitis C

How can I get hepatitis C?

Hepatitis C is a blood-borne virus, spread through direct blood to blood contact.

Hepatitis C Prevention

- Do not share anything that may have blood on it.
- Do not share syringes.
- Do not share cottons, cookers, water, ties, or any other equipment used for injecting drugs.
- Only use sterilized equipment for tattoos and piercings.

How do I know if I have hepatitis C?

Testing for hepatitis C

- There is an easy test for checking for hepatitis C antibodies in your blood. Make an appointment with your doctor or look for an organization that offers rapid hepatitis C testing. The test will not be able to tell you how or when you were infected with the virus.

Know your status, get tested.

If you test positive...

If you test antibody positive for the virus then you will need more tests to see if the virus is still in your body and to understand how well your liver is functioning.

- Viral Load Test: Measures the amount of virus in your blood.
- Liver Function Tests: Measures how well your liver is working.
- Liver Biopsy: Measures the amount of inflammation and scarring of your liver.
- Some people have hepatitis C for the rest of their lives, some people will clear the virus naturally, while others will need medication to treat and clear the virus.

Hepatitis C is known as the "invisible disease" because many people do not experience symptoms. Noticeable symptoms may include flu-like symptoms, stomach pain, dark urine, and jaundice, or yellowing of the skin and eyes.

Hepatitis C

¿Cómo puedo adquirir hepatitis C?

La hepatitis C es un virus de transmisión sanguínea que solo se propaga a través de la sangre el contacto directo de sangre.

Prevención de hepatitis C

- Al compartir jeringas o material utilizado para preparar droga incluyendo recipiente, algodón y agua.
- No compartir jeringas.
- No compartir algodones, recipiente, agua, ataduras o cualquier otro equipo utilizado para inyectarse.
- Utilizar solamente equipo esterilizado para tatuajes y perforaciones.

¿Cómo sé si tengo hepatitis C?

Prueba para hepatitis C

- Existe una prueba fácil para comprobar la presencia de anticuerpos del virus de hepatitis C en tu sangre. Haz una cita con tu doctor o busca una organización que ofrezca pruebas rápidas de hepatitis C. Esta prueba no podrá decirte cómo o cuándo fuiste infectado con el virus.

Saber su estado, hacerse la prueba.

Si el resultado es positivo...

Si el resultado de anticuerpos es positivo, entonces necesitarás más pruebas para ver si el virus aún está en tu organismo y para entender cómo está funcionando tu hígado.

- Pruebas de Carga Viral: Mide la cantidad de virus en tu sangre.
- Pruebas de Función Hepática: Mide lo bien que tu hígado está funcionando.
- Biopsia Hepática: Mide la cantidad de inflamación y marcas o daño de tu hígado.
- Algunas personas tendrán hepatitis C por el resto de sus vidas, algunas personas desecharán el virus de manera natural, mientras que otras necesitarán medicamentos para tratar y desechar el virus.

La hepatitis C es conocida como la "enfermedad invisible" porque muchas personas no experimentan síntomas. Síntomas evidentes pueden incluir síntomas parecidos a la gripe, dolor de estómago, orina oscura o coloración amarillenta de la piel y los ojos.

Syringe Services

Pharmacies selling syringes

Rite Aid

*10 Syringes without a perscription
901 Soquel Ave. 1-(831) 426-4303
1470 Capitola Ave. 1-(831) 476-7282
6123 Hwy. 9, Felton 1-(831) 335-7252

West Side Pharmacy

*10 Syringes without a perscription
They will take sharps containers
1401 Mission St., Santa Cruz 1-(831) 423-7175

Walgreens

*10 Syringes without a perscription
210 Mt. Hermon Rd., Scotts Valley 1-(831) 430-9113
1810 Freedom Blvd., Freedom 1-(831) 768-0183

Watsonville Pharmacy

*100 Syringes without a perscription
1433 FreedomBlvd., Freedom 1-(831) 728-1818

Syringe Service Program

*Maximum number of syringes exchanged per visit is 100
Free hepatitis C and HIV testing

Watsonville

9 Crestview Dr.
Monday 5:30-6:30 PM
Tuesday 9:30-11:30 AM and 5:30-6:30 PM
Wednesday 9:30-11:30 AM and 5:30-6:30 PM

Santa Cruz

1080 Emeline St.
Monday 8-12 PM
Tuesday 5-7 PM
Friday 8-12 PM

The Santa Cruz AIDS Project offers free hepatitis C and HIV testing from 10-12 on Thursdays for anyone who has ever shared injection equipment.

Servicios de Jeringa

Farmacias que venden de jeringas

Rite Aid

* 10 Jeringas sin receta médica
901 Soquel Ave. 1-(831) 426-4303
1470 Capitola Ave. 1-(831) 476-7282
6123 Hwy. 9, Felton 1-(831) 335-7252

Farmacia West Side

* 10 Jeringas sin receta médica
Reciben recipientes de eliminación
1401 Mission St., Santa Cruz 1-(831) 423-7175

Walgreens

* 10 Jeringas sin receta médica
210 Mt. Hermón Rd., Scotts Valley 1-(831) 430-9113
1810 Freedom Blvd., Freedom 1-(831) 768-0183

Farmacia Watsonville

* 100 Jeringas sin receta médica
1433 Freedom Blvd., Freedom 1-(831) 728-1818

Programa de Servicio de jeringa

* Número máximo o jeringas intercambiadas por visita es de 100

La prueba del VIH y hepatitis C es gratis

Watsonville

9 Crestview Dr.
Lunes 5:30-6:30 PM
Martes, 9:30-11:30 AM y 5:30-6:30 PM
Miércoles, 9:30-11:30 AM y 5:30-6:30 PM

Santa Cruz

1080 Emeline St.
Lunes 8-12 PM
Martes 5-7 PM
Viernes 8-12 PM



Proyecto Santa Cruz SIDA provee la prueba del VIH y hepatitis C 10-12PM jueves para cualquiera que haya compartido equipo de inyección.

Health Resources for Testing and Treatment

Getting tested and treated for STIs is considered preventive care and will be covered by health insurance.

Here are some local resources to help you get tested!

Medi-Cal

Medi-Cal is free or low-cost health coverage for children and adults with limited income and resources. You can enroll in Medi-Cal year-round through Covered California or you can also apply in person at the Human Services Department at 1020 Emeline Ave. Santa Cruz, Ca 95060, or over the phone by calling 1-(800) 300-1506.

You can also visit their website at <https://www.medi-cal.ca.gov>

Family PACT

Family Pact is a program that provides no-cost family planning services to low income men, women, and teens. Call 1-800-942-1054 to make an appointment with a Family PACT provider to determine if you are eligible or apply in person at a participating clinic.

Their website is <http://www.familypact.org/>

Covered California

All Californians can sign up for insurance during the open-enrollment period, which is in the fall. You may also be able to sign up at any time during the year due to a life-changing event such as getting married, having a child or moving.

You can find a local enrollment counselor by calling 1-800-300-1506 or going to <http://www.coveredca.com/get-help/local/>



Los recursos de salud para las pruebas y el tratamiento

Hacerse la prueba y recibir tratamiento para enfermedades de transmisión sexual se considera atención preventiva y será cubierta por el seguro médico.

¡Aquí están algunos recursos locales para ayudar a que se hagan la prueba!

Medi-Cal

Medi-Cal es gratis o de cobertura de salud de bajo costo para niños y adultos con ingresos y recursos limitados. Puede inscribirse en Medi-Cal durante todo el año través Covered California. También puede aplicar en persona en el Departamento de Servicios Humanos (1020 Emeline Ave. Santa Cruz, Ca 95060) o por teléfono llamando al 1-(800) 300-1506. También puede visitar el sitio web <https://www.medi-cal.ca.gov>

Family PACT

Family PACT es un programa que proporciona servicios de planificación familiar sin costo a los hombres, mujeres y adolescentes de bajos ingresos,. Para solicitar una cita con un médico de Family PACT para determinar si es elegible, puede llamar al 1-(800)942-1054 para obtener más información.

Su sitio web es <http://www.familypact.org/>

Covered California

Todos los Californianos pueden inscribirse en el seguro durante el período de inscripción abierta, que es en el otoño. También es permitido inscribirse en cualquier momento durante el año debido a un evento que cambia la vida como casarse, tener un hijo o si cambia de domicilio. Puede llamar para obtener más información 1-(800) 300-0213.

Su sitio web es <http://coveredca.com/get-help/local/>



Stigma and HIV

HIV has a history that is filled with stigma and discrimination, much of which lingers today. In the beginning, HIV was overwhelmingly characterized by fear, shame, and judgment. People were largely misinformed about how the disease was transmitted; fears of hugging, kissing, sharing toilets were common. HIV was considered to be a death sentence and it was something that only gay men or drug users had to worry about. Some of these beliefs still exist today; people don't think that HIV will affect them. However, HIV does not discriminate, people discriminate, and people from all walks of life have HIV. Today, despite how much has changed, this stigma and misinformation still persists. Talking about the disease and educating each other is the best way to reduce the stigma and shame surrounding HIV and AIDS.

El VIH tiene una historia que esta llena de estigma y la discriminación, mucha de la cual perdura hoy en día. Al principio, el VIH se caracterizó principalmente por el miedo, la vergüenza y el juzgar. Las personas estaban mal informadas en gran medida de cómo se transmitía la enfermedad; temores de abrazos, besos, compartiendo los baños era común. VIH era considerado como una sentencia de muerte y era algo que sólo los hombres homosexuales o los usuarios de drogas tenían por que preocuparse. Algunas de estas creencias todavía existen hoy; la gente no piensa que el VIH les afectará. Sin embargo, el VIH no discrimina, las personas discriminan, y gente de todos los ámbitos de la vida tienen el VIH. Hoy en día, a pesar de lo mucho que ha cambiado, este estigma y la información errónea todavía persiste. Hablando acerca de la enfermedad y educandos unos a otros es la mejor manera de reducir el estigma y la vergüenza que rodea al VIH y el SIDA.



Santa Cruz AIDS Project
542 Ocean Street, Suite I
Santa Cruz, CA 95060
(831) 427-3900

Santa Cruz AIDS Project
585 Auto Center Drive
Watsonville, CA 95076
(831) 722-5914