



This project is a collaboration between Emily Shippee,
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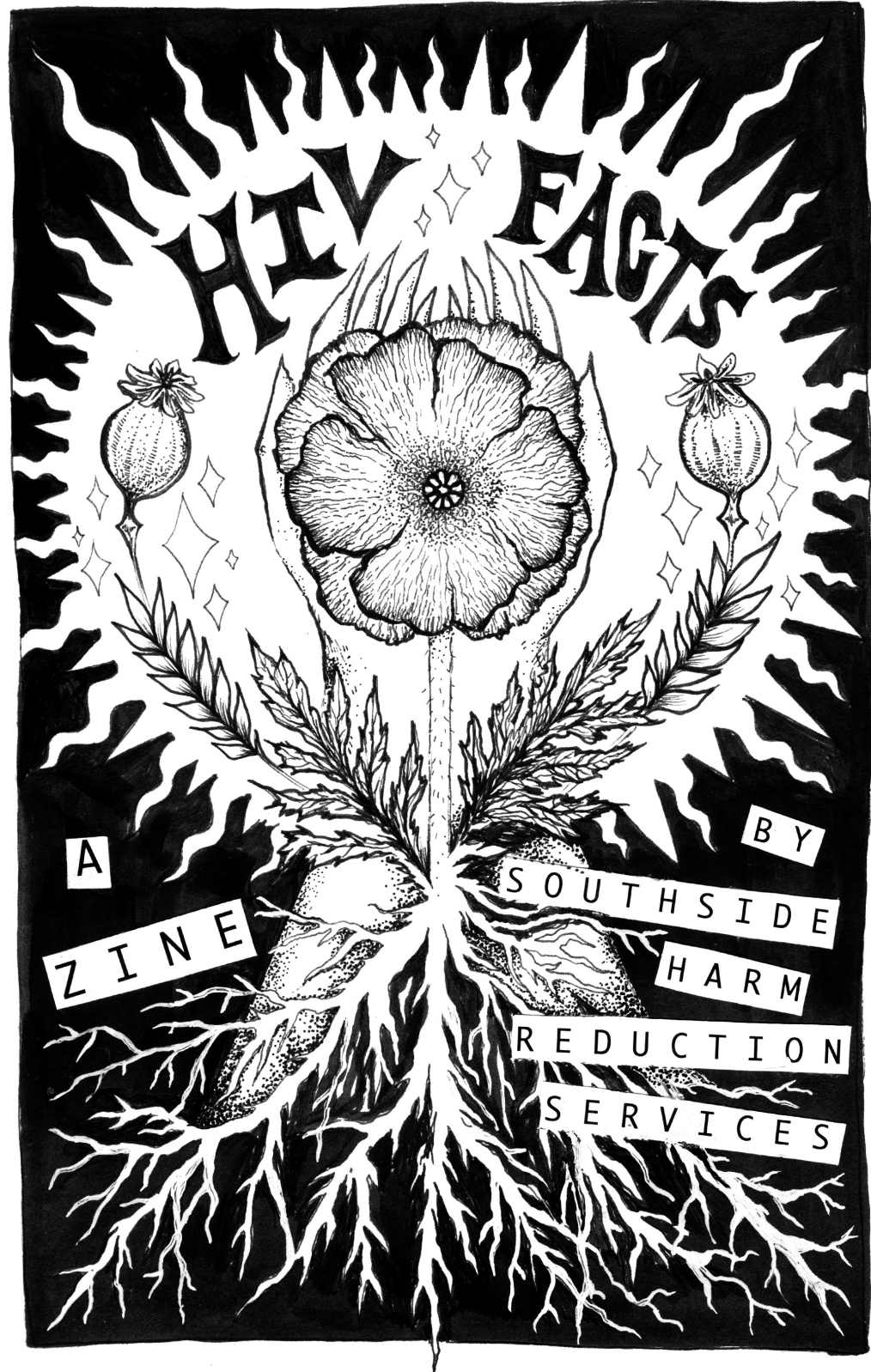
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We would like to thank Southside participants for your insights, guidance and for allowing us to work alongside you.

NOTES



612-615-9725

southsideharmreduction.org

Southside Harm Reduction Services is a Twin Cities grassroots and comprehensive harm reduction services organization. Our heart is in South Minneapolis, though we provide services across the metro. Harm reduction is a set of practical strategies and ideas aimed at reducing negative consequences associated with drug use without requiring folks' sobriety. It is also a movement for social justice built on a belief in, and respect for, the inherent rights of people who use drugs, and we acknowledge that decades of the drug war have wrought particular harms for communities of color.

Southside provides a range of services offered in the spirit of radical love and community building, including delivering sterile syringes, linking our participants to low-barrier healthcare, and conducting free Narcan training (the opioid overdose antidote) for the community. In 2020, we were proud to deliver 10,000 Narcan kits and 1.2 million sterile syringes to people in the Minneapolis Metro area who use drugs.

UNDETECTABLE=UNTRANSMISABLE

Having an undetectable viral load does not mean that you no longer have HIV. But an undetectable viral load keeps you healthy and prevents the sexual transmission of HIV to your sexual partners. Not enough research has been done to determine if U=U remains true for exposure to HIV through shared syringes.

STARTING TREATMENT

We can help connect you to treatment at NACC and Positive Care through HCMC. If you are worried about costs or you are uninsured there are people to help you navigate getting insurance and programs to help with the cost of medications.



TREATMENT

Getting a diagnosis of HIV can feel frightening and disorienting, and it's important to know that HIV is not a death sentence. With treatment, people living with HIV can keep the amount of HIV in their blood (viral load) down and even achieve an undetectable viral load. Having a low and/or undetectable viral load will help you stay healthier, and an undetectable viral load also means that the virus is untransmittable.

No matter what your HIV status is, we are here for you. If you receive an initial positive test result we can do a second confirmatory test with your permission. If necessary, we can support you with transportation to your first appointment either right after testing is complete or in a few days if you prefer. It is important that you get treatment as soon as possible to protect your health and limit the spread of HIV. With treatment, you can live a long, full and healthy life.

TAKING YOUR MEDS, U=U

Treatment for HIV consists of taking daily medications called ARTs (antiretroviral therapies) which keep your viral load down. When taken regularly and as instructed by your prescriber your viral load may become undetectable, which means you cannot transmit HIV through sex.



HIV BASICS

HIV, the human immunodeficiency virus, is a virus which attacks the body's immune system. There is no cure, but there are effective treatments. With treatment people living with HIV can live full healthy lives.

HIV is transmitted through blood, semen, vaginal fluid, rectal fluid and breast milk, so practicing safer sex is an important way to protect yourself. Safer sex practices include using condoms and/or lube during sex and choosing lower risk sexual activities. For example, anal and vaginal sex pose a higher risk of HIV transmission when compared to oral sex.

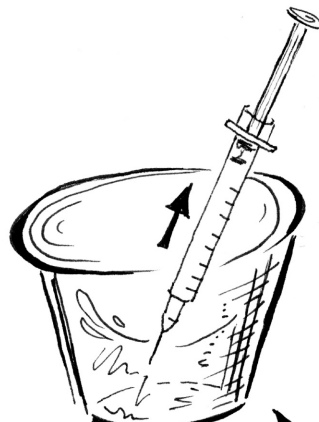
If you inject drugs or other substances another important way to keep yourself safe is using your own new syringes and injection equipment as often as possible. If you can't use your own syringes for any reason, cleaning your syringes with bleach can help protect you from HIV. It's important to know that cleaning syringes with bleach does not prevent transmission of Hep-C.

HOW TO BLEACH YOUR SYRINGES

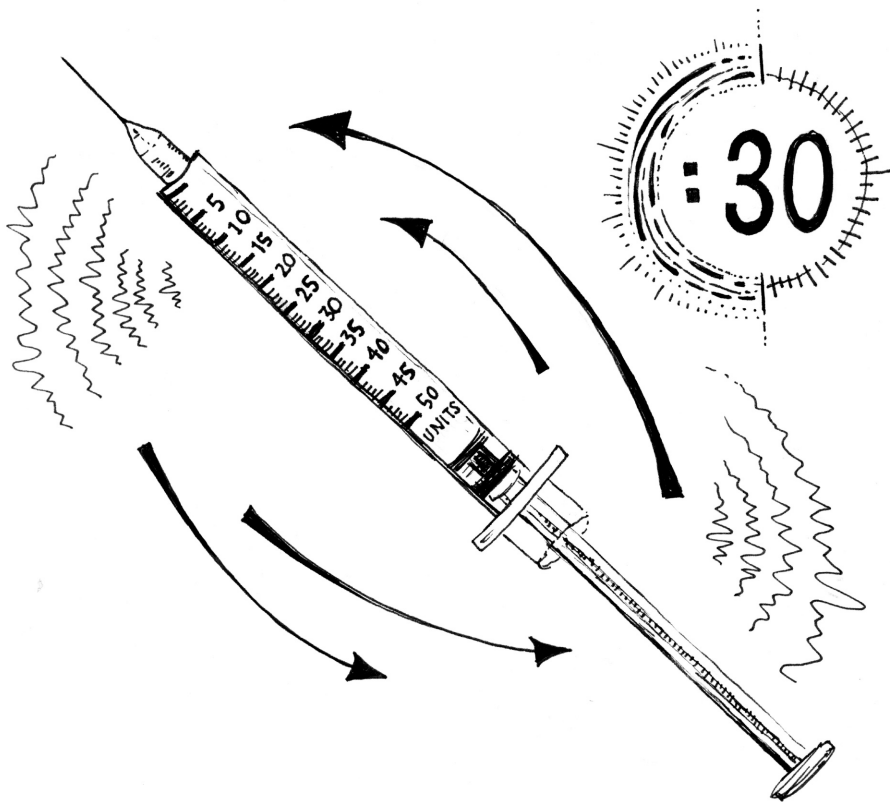
1. Fill two caps/cups/cookers with water and one with bleach.
2. Draw water into your syringe, filling it.
3. Shake or tap it for at least 30 seconds, then squirt the water out. Repeat this step at least three times, and until the water being squirted out is clear.
4. Using the same syringe, draw up a full barrel of bleach. Shake and tap it for at least 30 seconds and then squirt the bleach out.
5. Finally, using the new container of water, rinse the syringe thoroughly by drawing enough water to fill your syringe and squirting it out. To be sure there is no bleach left in your syringe you can repeat this step several times.



WATER



BLEACH



THREE STAGES OF AN HIV INFECTION

Stage 1 takes place in the first 2-4 weeks after infection. During stage 1 people are highly contagious and only an antigen/ antibody test can detect the virus.

Stage 2 can last up to 10 years untreated, and people in this stage may not experience symptoms.

Stage 3 is Acquired Immunodeficiency Syndrome or AIDS. Untreated, HIV will progress to AIDS, but they are not the same thing. AIDS is the final stage of the HIV viral infection but with treatment, most people living with HIV never progress to AIDS.

SAFER DRUG USE

If you use drugs there are some things to consider in keeping yourself safe from bloodborne infections. Different ways of using carry different risks. Smoking your drugs not only carries less risk of contracting HIV, but it also reduces risk of overdose. The same is true of snorting drugs. Booty bumping, which involves mixing your drugs with water and inserting them into the rectum using a syringe with no needle, is also an efficient method to use. This method produces a similar level of intensity as injection and carries less risk of transmission of HIV. Although injection carries with it the most risk of bloodborne infections there are ways to protect yourself.

The most important way to protect yourself from transmission of HIV through drug use, whether you are smoking, snorting, injecting or booty bumping is to use your own equipment every time. If no one else has used your syringe, your straw or your pipe you cannot contract HIV from those tools. If you are injecting or booty bumping you'll want to prepare your drugs using your own equipment as well (cookers, cottons, etc.), and if you are booty bumping use lube on your anus as well as the syringe you are inserting to prevent tearing.

It may not always be possible to use your own

WHAT TO KNOW ABOUT BLEACHING SYRINGES

Using a new syringe every time you use is the best option for staying safe from bacterial and viral infections. If that isn't possible the next best option is to reuse a syringe that only you have used.

When your only option is to reuse and share syringes you might consider cleaning your syringes with undiluted bleach and rinsing them thoroughly with water. Before you do, consider that bleaching syringes is NOT proven effective outside of a lab setting. However, in a controlled lab environment cleaning syringes with bleach was effective at killing HIV 152 out of 153 times (Yale News, January 2002). Accidentally injecting bleach poses a risk for you to consider as well, which is why it is important to rinse your syringes thoroughly after bleaching.

Southside Harm Reduction recommends using a new syringe every time you use, and we understand that imperfect situations can and do arise. If bleaching your syringes is or might be a part of your safety practices, here is some information on the safest and most effective way to do it from the CDC.

TC SYRINGE EXCHANGES

Indigenous Peoples Task Force
1335 E 23rd Street
South Minneapolis
Walk-In
(651) 808-3965
M, W, F

Rainbow Health
3100 Park Ave
(All God's Children Church)
South Minneapolis
Walk-In
(651) 359-3459
M, Tues, Thurs, Fri

In 'N' Out- Northpoint
710 W. Broadway
North Minneapolis
Walk in/Ring Bell
(612) 543-4580
Tues-F

Clinic 555
555 Cedar Street
St. Paul
Walk-In
(651) 266-1295
M-F

Southside Harm Reduction Services
Minneapolis
Delivery!
(612) 615-9725
M-Thurs

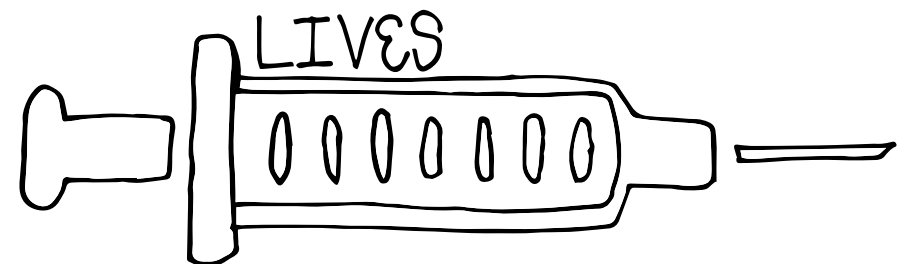
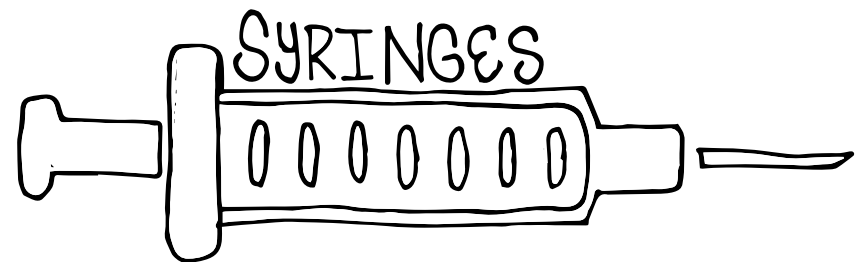
Red Door Clinic
525 Portland Ave
Downtown Minneapolis
Walk-In/4th Floor
M, W, Fri

GREATER MINNESOTA

Harm Reduction Sisters
Duluth, Superior,
Cloquet, Fond Du Lac,
Iron Range, Itasca,
Koochiching and Lake
County
Delivery!
(218) 206-6284
Sun-Sat

RAAN: Duluth
31 W 1st Street
Delivery!
(218) 481-7225
M-Fri
RAAN: Mankato
220 E Hickory Street
Walk-In

syringes and other equipment, but syringe exchange programs can help you keep a safe supply of equipment. You'll find a list of local syringe exchange programs in these pages. If you are not able to access new injection equipment you might consider smoking or snorting as an option with less risk of HIV transmission.



SAFER SEX

HIV is easily transmitted during anal and vaginal sex and using condoms is a highly effective way to prevent transmission. You can get condoms for free from many syringe exchange programs. It's always best to use condoms, but if you can't for any reason, or you don't want to use condoms there are other ways to keep yourself safe. For instance, personal lubricant is effective at reducing the chance of transmission during sex. This works because lube reduces friction which reduces the potential for tearing the skin and having contact with blood. Semen, vaginal and rectal fluid all have the ability to carry and transmit the virus, which means that lubricant doesn't completely eliminate the risk of transmission.

Another great tool for protecting yourself from HIV transmission is a medication called PrEP. PrEP stands for Pre-Exposure Prophylaxis. It's a blue oblong pill that you take daily. When taken as prescribed PrEP is 100% effective at eliminating the risk of HIV transmission during sex. If you have any questions about the medication talk to your doctor, or ask a Southside staff member or volunteer in person or by texting the referrals line. We can help connect you to a healthcare provider who can answer those questions for you.

Many syringe exchange programs in the Twin Cities are providing rapid HIV testing. Testing usually takes about ten minutes with your results available immediately. Should you get a positive test result testers can often help connect you to treatment right away, or whenever you feel ready. Some programs providing rapid HIV testing are:

Clinic 555
651-266-1255

Northpoint
612-267-0305 / 612 223 3682

Rainbow Health
612-341-2060

Native American Community Clinic
612-872-8086

Red Door Clinic
612-543-5555

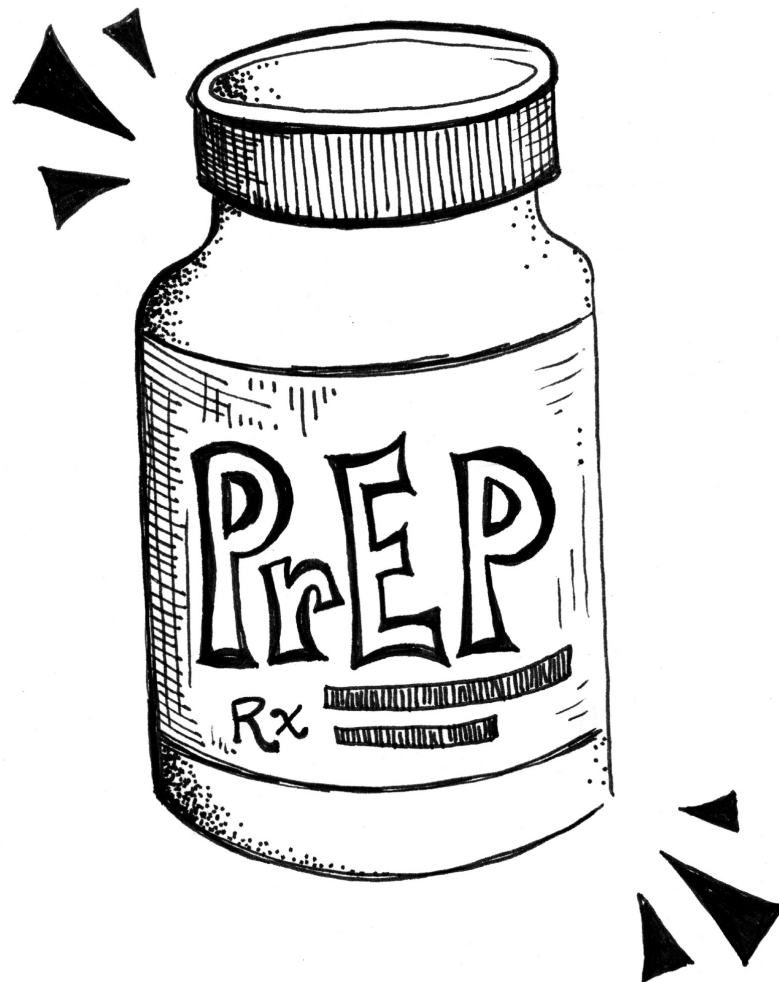
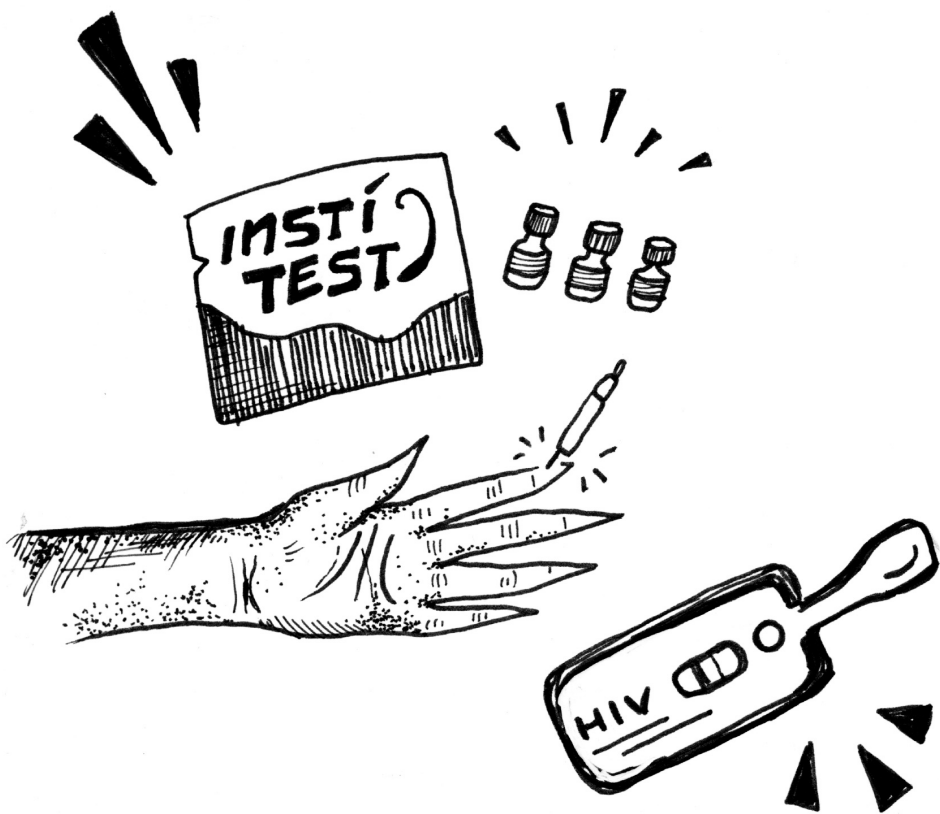
Southside Harm Reduction
612-355-1267

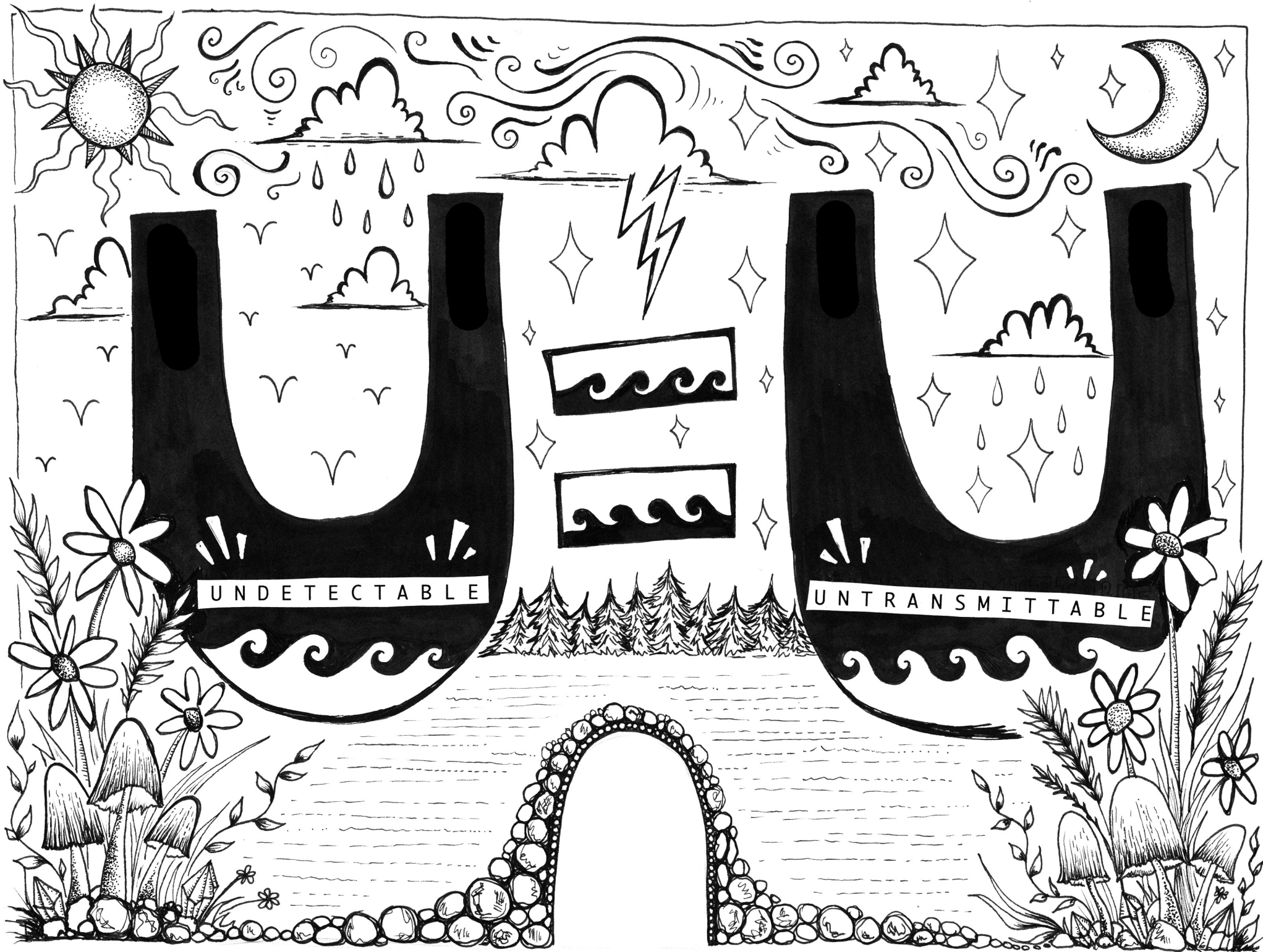
Indigenous People's Task Force
612-870-1723

Aliveness Project
612-822-7946

TESTING

Knowing your HIV status is an important part of keeping yourself and others healthy. If you've never had an HIV test, it's been more than a year since your last test, or you inject substances and/or have unprotected sex you should get tested. Going forward, getting tested regularly, every 6-12 weeks, is the best practice.





UNDETECTABLE

UNTRANSMITTABLE