



HIV AWARENESS PROMOTING PREVENTION FOR YOU

Access to Wholistic & Productive Living Institute Inc.

HIV OVERVIEW

Human Immunodeficiency Virus (HIV) is the virus that causes the HIV infection. HIV is transmitted or spread through the blood, semen, genital fluids, or breast milk of a person infected with HIV. Some ways HIV can be contracted are through vaginal, anal and oral sex, or through needles. HIV isn't contracted by simply touching or sharing food with someone who is HIV positive.

PREVENTION

Communicating with your partner about your HIV status allows both of you to take the proper steps to stay healthy. Some of these steps include the use of condoms, as well as Pre-exposure Prophylaxis (PrEP). PrEP is an antiretroviral drug that can be taken by an HIV negative person to reduce the risk of HIV infection.

HIV TREATMENT

Anti-retroviral therapy (ART) is the use of multiple HIV medicines. ART can reduce the viral load and increase the number of infection fighting cells in a person's blood.



The HAPPY program at Port Towns Family Health and Wellness Center's mission is to prevent the transmitting of Human Immunodeficiency Virus (HIV), Hepatitis C, and other sexually transmitted diseases (STDs), and to improve the health outcomes of those infected.

SERVICES WE OFFER

In addition to FREE HIV testing, HAPPY also offers one-on-one counseling and group support sessions that are resourceful, uplifting, and that provide a listening ear. Day, evening, & weekend hours are available Monday to Saturday at our center located at 3611 43rd Avenue, Colmar Manor, MD 20722. Please contact us for more information about these services.

THE ACRONYM E.T.T.I.

- GET EDUCATED:** Knowing about HIV/AIDS empowers individuals and communities to act accordingly.
- GET TESTED:** Knowing your HIV status helps you keep yourself safe and others.
- GET TREATED:** Seek out local resources and organizations that will assist you in accessing treatment and information.
- GET INVOLVED:** Locally, there are community based organizations, events and activities for you to get involved with.



Upcoming Events

Wellness: Yoga in the Parks

10am - 2pm
Call 301-218-6700 for dates and a yoga site near you!

Health Fair & Open House

July 8, 2017 10am - 3pm
Port Towns Family Health & Wellness Center
3611 43rd Avenue
Colmar Manor, MD
Food, free screenings, giveaways & more!

Temple Hills Community Health Fair

July 8, 2017 10am - 2pm
5515 Allentown Road
Camp Springs, MD 20746

National Clinicians HIV/AIDS Awareness Day

July 21, 2017

World Hepatitis Day

July 28, 2017

Follow Us!



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Contact Us:

Daisy Le, PhD, MPH/MA
daisy@awpli.org
240-467-2607
3611 43rd Avenue
Colmar Manor, MD 20722

NUTRITION

Nutrition is an essential part to overall health, and especially when it comes to managing HIV/AIDS. Our immune system is key to maintaining health. It has the ability to fight off viruses and infections when it is strong enough. Nutrition is essential because everything that goes into our body is either strengthening the immune system, or compromising it.

Things to eat:

- Fruits & Vegetables
- A variety of colors
- Nuts, seeds, and oats

Things to cut back/avoid:

- Junk food
- Red meat
- Dairy products

Sexual Health

Q Y O W R D K I C M M W W G Y
G E T T E S T E D A W Y B Y X
U Y D A S M Y O K D V Y S S I
S Z S Q O W Y K X L D Q B X N
E M D M N Q M F P A J E Q V T
E V I T P E C A R T N O C N I
R T J T E F P V M N U R A H M
N M N F N S O O N E S C T I A
Y Y U E M E D R U D I Y H V C
T F E E S N M C E R D D K A Y
R B A N O N Y T B P K A J P H
E R E C Z V O U A M L S T D Y
B S Y O S H L C A E A A O M M
U E T A T S O R P Y R A Y P P
P D B I A J C J I P B T W G D

CONDOM
CONSENT
CONTRACEPTIVE
DENTAL DAM
FOREPLAY

GET TESTED
HIV
INTIMACY
LUBRICANT
PAP SMEAR

PROSTATE
PUBERTY
STD
STI
TREATMENT