

REASONS FOR YOUR PARTNER TO UPDATE THEIR STATUS

➤ An estimated 20% of people infected with HIV do not know they are infected

➤ Knowledge of one's HIV status is important for preventing the spread of HIV

➤ Studies show those who learn that they are HIV positive modify their behavior to reduce the risk of HIV transmission

➤ Early knowledge of HIV status is also important for linking those with HIV to medical care and services

UPDATE YOUR STATUS



JUNE 27TH IS NATIONAL HIV TESTING DAY

TAKE THE TEST. TAKE CONTROL.

hivtest.org
1-800-CDC-INFO

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Newsletter Designer:
Michael Macocco

CALL YOUR CASE MANAGER TO SCHEDULE AN APPT. FOR YOUR PARTNER



West Nile Prevention

The best way to prevent West Nile virus or any other mosquito-borne illness is to reduce the number of mosquitoes around your home and to take personal precautions to avoid mosquito bites. Precautions include practicing the three “R’s” -*reduce, repel and report.*

- **Reduce** exposure- avoid being outdoors when mosquitoes are most active, especially between dusk and dawn.

-Make sure doors and windows have tight fitting screens. Repair or replace screens that have tears or other openings. Try to keep doors and windows shut, especially at night

-Eliminate all sources of standing water where mosquitoes can breed, including water in bird baths, ponds, flower pots, wading pools, old tires and any other receptacles.

- **Repel**- when outdoors, wear shoes and socks, long pants and a long sleeved shirt, and apply insect repellent that contains DEET, picaridin, oil of lemon eucalyptus or IR 3535, according to label instructions. Consult a physician before using repellents on infants.
- **Report**- Every West Nile Virus season, the Winnebago County Health Department offers a phone line for residents to report the location of recently expired birds. The report line number to call is 815-720-4245.



Dead birds cannot spread West Nile Virus, it is transmitted through the bite of a mosquito that has picked up the virus by feeding on an infected bird. West Nile Virus is an infection that can cause serious illness, but most people with WNV have no signs or symptoms of illness. Most people with the virus have no clinical symptoms of illness, but some may become ill 3 to 15 days after the bite of an infected mosquito. Those with mild symptoms may have a fever, headache, body aches, skin rash or swollen lymph glands, but those with serious symptoms such as encephalitis and meningitis should seek medical help right away as death can possibly occur. Persons at the highest risk for serious illness are those over 50 years of age or older.



Connectors

Todd Kisner - Project Director
Case Managers:

- Tracy Box (815) 720-4084
- Trish Paesani (815) 720-4086
- Mike Macocco (815) 720-4085
- Stacia Runge (815) 748-2449
- Deb LeRoy (815) 626-2230
- Marie McGinnis (309) 762-5433
- Jean Dutton (309) 762-5433

*Have you
Been Vaccinated
For
Hepatitis A & B?
If not contact
Your
Case Manager
To schedule this
Very Important
Vaccination!*

Hepatitis C?



We're Listening.

877-HELP-4-HEP
877-435-7443

Our specially-trained peer counselors can help you understand and cope with hepatitis C, in whatever way it is affecting you.

With one call you can:

- ✓ Get information at the pace that you need
- ✓ Find resources in your community
- ✓ Connect with someone who knows what you are going through



Summer Food Safety Tips



Summer activities take us and our food outdoors, so it is important to follow some simple food safety guidelines to prevent harmful bacteria from rapidly multiplying in the warm weather and causing foodborne illness

From the store to home

- When shopping, get your refrigerated and frozen items last, right before checkout.
- Separate raw meat and poultry from other food in your shopping cart.
- Use plastic bags for raw meat & poultry.
- Plan to drive directly home from the grocery store.
- Refrigerate perishable food within two hours (one hour in hot weather).
- Once home, place meat and poultry in the refrigerator immediately. Freeze meat and poultry that will not be used in a day or two.



Packing for a Picnic

- Always use an insulated cooler.
- Provide a cold source in the cooler such as: block ice, frozen gel packs or plastic containers filled with frozen water or juice.
- Start with cold food, pack directly from the refrigerator or freezer and pack in reverse order of use (foods packed first should be used last).
- Securely wrap or bag foods that may drip or leak, particularly raw meat, poultry & fish. This will prevent raw juices from touching ready-to-eat foods.
- You should have two coolers - one for food and another for beverages and extra ice.
- To keep hot foods hot (135°F or above), pack them in a thermos or insulated dish.

In the Kitchen

- Clean preparation is essential.
- Wash hands, work area and utensils before preparing food.
- Do not thaw meats on the counter. Thaw in the refrigerator or submersed in cold running water
- Raw food products are to be marinated in the refrigerator, not on the counter.

On the Road

- Store the cooler in the passenger area of the car.
- Once at the picnic site, keep the cooler in the shade, cover it with a blanket and avoid opening the lid frequently.
- Replenish the ice as it begins to melt.



Picnic Menu Planning

- Plan to take only the amount of food you will use.
- With an insulated cooler and ice, most foods are safe for short periods.
- Salads with store-bought mayonnaise can be safe if kept cold (41°F or below). Avoid custard-like foods.
- If a cooler is not an option, take fresh fruits, fresh vegetables, hard cheese, canned or dried meats/fish, peanut butter, breads, crackers or dried cereal.

Heat and Eat

- Keep food cold until the grill is hot.
- Get out that meat thermometer! Cook beef, veal & lamb steaks and chops to 145°F. Cook hamburgers to 160°F. Cook pork to 160°F, and cook poultry to 165°.
- Be careful that raw meat juices not touch other foods.
- Use a clean plate and utensils for serving foods.

Come and Get it!

- In hot weather (85°F and above), food should not sit out for more than one hour.
- Serve food quickly from the cooler and put it back in the cooler as soon as possible.

Taking it Home

- Put perishable foods back in the cooler immediately after eating. Perishable foods left out over two hours (or over one hour in hot weather) may not be safe and should be discarded.
- If perishables were kept on ice (except during cooking & serving), and the event was no longer than four or five hours, you should be able to save the leftovers if there is still enough ice.





HIV/AIDS LEGAL SERVICES PROJECT

Prairie State Legal Services is a not-for-profit agency that offers free legal services for low income persons and those over 60 who have serious civil legal problems and need legal help to solve them. Since 1995, Prairie State has maintained a project to provide civil legal assistance at no cost to persons who are HIV+ or who have AIDS.

Who can the Project help?

- Persons who have HIV or AIDS
- Live within our service area, and
- Have an income at or below 300% of the Federal Poverty Level



What Legal Services can the Project help with?

- Future planning and advance directives, such as living wills and powers of attorney
- Health care and insurance issues, including Medicare and Medicaid
- Public benefits such as TANF, food stamps, and unemployment insurance
- Disability benefits, such as Social Security and SSI
- Housing and landlord-tenant issues
- Discrimination in housing, employment, or access to services or programs
- Rights to confidentiality of HIV status or health information

How can I access Legal Services?

If you are interested in receiving legal services through the HIV/AIDS Legal Services Project, contact your Case Manager for a referral to your local HIV Project Attorney.

For more information, contact us by phone at: 630-690-2130 and ask for the HIV Project, or visit our website at: www.pslegal.org

Offices in Bloomington, Galesburg, Joliet, Kankakee, McHenry, Ottawa, Peoria, St. Charles, Rock Island, Rockford, Waukegan and Wheaton

The HIV/AIDS Legal Services Project receives funding from the Northwest Illinois Care Connect through the Winnebago County Health Department

