

The Ending the HIV, STI, and HCV Epidemics (EtHE) Plan

San Francisco's EtHE plan includes 24 new activities that will help San Francisco to:

1. **Get to and stay at zero new HIV infections, zero HIV-related deaths, and zero stigma**
2. **Eliminate Hepatitis C**
3. **Reverse the increasing rates of sexually transmitted infections prescribed to become undetectable**



The EtHE plan was made by and for the communities in San Francisco that are most impacted by HIV/HCV/STIs. The plan contains many activities to support people experiencing homelessness and people who use drugs to prevent and treat HIV/HCV/STIs. Some of those activities include:

- More funding for programs like Street Medicine, Shelter Health, and the POP-UP clinic
- Increase access to mental health care for unhoused people and people living with HIV
- Mobile programs that offer PrEP and Medications for Opioid Use Disorder (MOUD) and develop the city's behavioral health response as an alternative to calling 911
- Providing trauma-informed and anti-stigma training for city employees
- Increasing rates of housing among people living with HIV
- Better access to basic needs such as food, shelter and clothing
- More one-stop-shop HIV/HCV/STI testing programs with early morning, evening, and weekend hours where you can get PrEP other health services
- Expanding low-threshold harm reduction services throughout the city
- Peer outreach programs and street-based case management



Resources

STI Treatment

SF City Clinic is a great stop if you need STI care. Note that if you live with chronic conditions like HIV/AIDS, you can also drop-in to get restarted on your medications and be connected to regular primary care!

SF City Clinic

356 7th Street
415-487-5500
Monday, Wed, Fri: 8:00am–4:00pm
Tuesday: 1:00pm–6:00pm, Thursday: 1:00pm–4:00pm

Urgent Care

Have a wound that needs some care? Are you out of some needed medication? Just not feeling well and you don't have a medical provider? Need a dentist? Drop-in during business hours to get connected. Note, this is not an emergency room. If you are having an emergency go to your nearest hospital.

Tom Waddell Urgent Care

50 Tom Waddell Place/50 Ivy (between Polk and Van Ness)
Monday, Tues, Weds, Friday: 8:00am–5:00pm
Thursday: 1:00–5:00pm

Primary Medical and Behavioral Health Care

Both of the following locations offer access to medical and behavioral health care, case management, dental, and other essential resources

SF Community Health Center

415-292-3400
730 Polk st. (4th floor)
Monday-Friday: 8:00am–4:00pm
Friday: Drop-in Medical 1:00–4:00pm

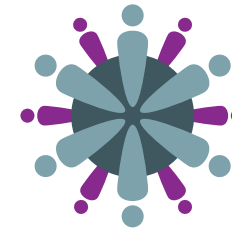
Mission Neighborhood Resource Center

415-869-7977
165 Capp St. (between 16th and 17th)
Monday–Friday: 7:00am–12:00pm, and 2:00pm–7:00pm
Saturday: 7:00am–12:00pm



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The San Francisco Community Health Center (SFCHC) is an LGBTQ and people of color health organization that believes everyone deserves to be healthy and needs access to the highest quality health care. We foster resilience, strength, connection, health, and wellness for all communities. To us, healthcare will always be grounded in social justice. SFCHC provides medical primary care, behavioral health counseling, dental care, case management, support groups, and a wide variety of programming focused on supporting and uplifting San Francisco's most vulnerable.



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WHAT YOU NEED TO KNOW ABOUT HIV, HEPATITIS C, STIS AND HOMELESSNESS IN SAN FRANCISCO



- People experiencing homelessness are at higher risk of getting **HIV and Hepatitis C (HCV)**
- People who are living with a substance use or mental health disorder are more likely to get HIV and they face more **barriers** to getting treatment.
- People who are on treatment for their HIV are **MUCH less likely to pass HIV** to someone else
- Most people who have HCV got it from injection drug use, but **HCV is treatable and preventable**
- STIs such as **chlamydia, gonorrhea, and syphilis** infections have all increased drastically in San Francisco over the past ten years.

HIV

- HIV (human immunodeficiency virus) is a virus that **attacks the body's immune system**.
- There is no cure for HIV, but with proper medical care **people with HIV can live long, healthy lives**.
- If it is not treated, HIV can lead to **AIDS (Acquired Immunodeficiency Syndrome)**.
- HIV is transmitted through **blood, semen and pre-semen, anal and vaginal fluids, and breastmilk**.
- **It's easiest to get HIV from someone in the first few weeks** after they've become infected, oftentimes before the person with HIV is even aware that they have it.
- Because it's easy to unknowingly pass the virus to a loved one, it's important to **get tested regularly** if you are having sex or using drugs



PrEP

- Pre-exposure prophylaxis (PrEP) is a **medicine that prevents people from getting HIV**.
- People who take PrEP as prescribed **reduce their risk of getting HIV** from injection drug use by at least 74% and reduce the risk of getting HIV from sex by 99%.
- In California, PrEP can be prescribed by **doctors or pharmacists**.



Undetectable = Untransmittable (U=U)

- If a person living with HIV has an 'undetectable' viral load, it means that **HIV treatment has lowered the amount of virus** in their blood to levels where it cannot be detected by a normal blood test.
- Having an undetectable viral load means that people living with HIV can **NOT pass the virus on to other people** through sex or through sharing injection equipment.
- You must be taking your medication as **prescribed** to become undetectable

U=U

UNDETECTABLE = UNTRANSMITABLE



Hepatitis C and Safer Drug Use

- Hepatitis C is an **infection of the liver** caused by the Hepatitis C virus (HCV)
- HCV is passed through blood, and most people get HCV through **sharing used needles, cottons, cookers, water, or even pipes**.
- **HCV can live in a used syringe for up to 63 days** and in other injection equipment for weeks
- Most people who don't get treated will have long-term, chronic infections which can result in liver damage, **liver cancer, and even death**.



Hepatitis C Treatment

- HCV treatment was once highly toxic, required almost a year to complete, and had a very low success rate, but **treatment has improved drastically** over the past decade.
- Today, HCV can be cured by simply taking **daily medication for less than three months** and very few people report any side effects.



Tips for Safer Drug Use

- Syringe Service Programs (SSPs) distribute **sterile syringes and other safer drug use supplies** to prevent the spread of HIV and Hepatitis C.
- If you must reuse or share a needle, **clean it with bleach** each time before you use it
- To avoid damaging your veins and getting abscesses, cellulitis, and other infections **don't reuse your own outfits, cookers, or cottons**
- **You can get HCV through sharing pipes** so make sure to use a rubber mouthpiece or rubber band to prevent burning your lips.
- If you have to share a pipe with no mouthpiece, make sure to **clean the pipe with alcohol wipes**

STIs

- The most common sexually transmitted infections (STIs) are gonorrhea, chlamydia, and syphilis, **all of which are curable**.
- Symptoms of STIs are **discharge from the vagina or penis, genital ulcers, a sense of burning when you pee, and abdominal pain**.
- STIs are spread through **vaginal, anal, and oral sex or from mother to child during childbirth**.
- In 2019, three **women passed on syphilis infections to their children** during pregnancy. All three of these cases could have been prevented with proper treatment.



Safer Sex

- Using barriers like **condoms, internal condoms, dental dams**, are a great way to protect yourself from HIV and STIs when having oral, anal, or vaginal sex.
- Using **lube during any penetrative sex** act can reduce friction and lower the risk of getting HIV
- Make sure to **clean sex toys** in between use
- Talk to your doctor or pharmacist about starting **PrEP**.



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