

Due to the quickly changing nature of COVID-19 and for your safety all POZabilities Social Events and Building on a Positive Life have been canceled until further notice. Call 619-241-8538 or email [poz@pozabilities.org](mailto:poz@pozabilities.org) if you have any questions.

### COVID-19 INFORMATION FOR PEOPLE WITH LIVING WITH HIV

[https://www.cdph.ca.gov/Programs/CID/DOA/CDPH%20Document%20Library/COVID19forHIVPoz\\_ADA.pdf](https://www.cdph.ca.gov/Programs/CID/DOA/CDPH%20Document%20Library/COVID19forHIVPoz_ADA.pdf)

**FOLLOW THE STEPS BELOW TO PROTECT YOURSELF FROM COVID-19**

 <p>Wash your hands frequently with soap and water, or any alcohol-based sanitizer</p>	 <p>Dispose used tissues and masks into a plastic-lined waste bin instantly</p>	 <p>Use a tissue to cover your mouth as well as nose while coughing or sneezing</p>	 <p>Do not touch your mouth, eyes, or nose as infections spread that way quickly</p>
 <p>Avoid close contact with any individual having cold and flu-like symptoms</p>	 <p>Clean surfaces often, such as kitchen sinks, counters, bathroom taps, etc</p>	 <p>Avoid sharing utensils, food, or drinks during this time</p>	 <p>Avoid crowded places at any cost</p>

### RESOURCES FOR THOSE LIVING WITH HIV

#### POZABILITIES

619-241-8538

[www.pozabilities.org](http://www.pozabilities.org)

- POZCoffee will be held as a Zoom meeting. Email us for the link.
- Building On a Positive Life is cancelled until further notice.
- All Social Program events are cancelled until further notice

## ADAP and PeEP-AP

For information call 1-844-421-7050. Eligibility is extended to June 30 for recertifications expiring between March 1 and June 29. You can receive up to a 90-day supply of medications. Call your pharmacy about this. If your ADAP lapsed before March 1, Being Alive will help you recertify. Call 619-291-1400.

## SAN DIEGO PRIDE LGBT COMMUNITY COVID-19 RESOURCES & SUPPORT PAGE

[https://sdpride.org/covid19resources/?utm\\_source=San+Diego+Pride&utm\\_campaign=b6c83dcac1-EMAIL\\_CAMPAIGN\\_2\\_8\\_2018\\_COPY\\_01&utm\\_medium=email&utm\\_term=0\\_e74dca82cf-b6c83dcac1-5799569](https://sdpride.org/covid19resources/?utm_source=San+Diego+Pride&utm_campaign=b6c83dcac1-EMAIL_CAMPAIGN_2_8_2018_COPY_01&utm_medium=email&utm_term=0_e74dca82cf-b6c83dcac1-5799569)

## THE SAN DIEGO LGBT COMMUNITY CENTER

619-692-2077

<https://thecentersd.org/>

- Open for emergency services only. Call or email for available virtual and phone services.
- Individual Behavioral Health Services therapy sessions conducted by Zoom
- Health Care and HIV testing by appointment.
- Other programs like [Project TRANS](#), [Hillcrest Youth Center](#), and [South Bay Youth Center](#) are setting up Zoom meetings with clients, while continuing to offer 1:1 support via Zoom or phone.
- We continue to connect those experiencing homelessness with critical overnight shelter and resources

## BEING ALIVE

619-291-1400

<http://beingalivesd.com/coronavirus/>

- Lapsed ADAP applications can be processed.
- Peer Advocates are available; walk-ins will be taken but phone call is preferred.
- Moving Program – Only scheduled moves are being done.
- Food Distribution is cancelled.
- Recreation Program is canceled.

## CHRISTIES PLACE

619-702-4186

<http://www.christiesplace.org/>

- All support groups, social groups, educational sessions, empowerment trainings, and family events are cancelled until further notice.
- Case managers, Retention Specialists, Peer Navigators, Outreach staff and Mental Health Therapists will be providing support and information to our clients and their families via telephone and/or Zoom online meetings.

- Re-enrollment for coordinated HIV services, medical case management, and retention programs will occur via the telephone and/or Zoom online meetings. Staff will schedule appointments with clients for a future date to obtain necessary signatures.
- Christie's Place staff will be working onsite but our drop-in services, such as bread pickup, produce, and hygiene disbursement are cancelled until further notice and will be rescheduled for future dates once the Public Health Department clears such events of social distancing recommendations.
- Staff are practicing recommended prevention habits of washing their hands frequently, avoiding face touching, staying home when sick, restricting nonessential travel, and social distancing. Christie's Place has also increased the disinfecting of common areas and surfaces.
- All appointments will be conducted over the phone and/or via Zoom online meetings.

## COVERED CALIFORNIA

<https://www.coveredca.com/newsroom/news-releases/2020/03/20/california-responds-to-covid-19-emergency-by-providing-path-to-coverage-for-millions-of-californians/>

## MENTAL HEALTH AMERICA

<https://www.mentalhealthfirstaid.org/2020/03/how-to-bethedifference-for-people-with-mental-health-concerns-during-covid-19/>

🔗 How to Care for Yourself While Practicing Physical Distancing?

<https://www.mentalhealthfirstaid.org/2020/03/how-to-bethedifference-for-people-with-mental-health-concerns-during-covid-19/>

🔗 How Do I Know Someone is Experiencing Anxiety or Depression?

<https://www.mentalhealthfirstaid.org/2020/03/how-to-bethedifference-for-people-with-mental-health-concerns-during-covid-19/>

🔗 How Do I Help Someone with Anxiety or Depression?

<https://www.mentalhealthfirstaid.org/2020/03/how-to-bethedifference-for-people-with-mental-health-concerns-during-covid-19/>

🔗 How to Support a Loved One Going Through a Tough Time During COVID-19?

<https://www.mentalhealthfirstaid.org/2020/03/how-to-bethedifference-for-people-with-mental-health-concerns-during-covid-19/>

## **U.S DEPARTMENT OF HEALTH AND HUMAN SERVICES**

[https://aidsinfo.nih.gov/guidelines/html/8/covid-19-and-persons-with-hiv--interim-guidance-0?utm\\_source=AIDSinfo&utm\\_medium=email&utm\\_campaign=3-20-20-COVID19\\_Guidance](https://aidsinfo.nih.gov/guidelines/html/8/covid-19-and-persons-with-hiv--interim-guidance-0?utm_source=AIDSinfo&utm_medium=email&utm_campaign=3-20-20-COVID19_Guidance)

## **RYAN WHITE PROGRAM AND COVID-19 FAQ**

<https://hab.hrsa.gov/coronavirus-frequently-asked-questions>