



CLINIC CHRONICLE

Family Planning Newsletter

Volume 1, Issue 1- June 2018

SUMMER HOURS ARE HERE!

Monday-Thursday:
8:00 am-5:00 pm

Friday:
Closed

Dates to Keep in Mind

We will be closed on July 4th
and September 3rd.

The days of June 4-11 limited
appointments will be
available.



WHAT'S NEW AT OUR CLINIC?

UPCOMING EVENTS- June 27th is National HIV Testing Day. We are offering free, rapid HIV tests from 2-4 pm. Come on in to know your status.

PRIDE MONTH- June is Pride month! This is a month to bring visibility to and celebrate the LGBTQ+ members of our community. We will be having an increase in our social media postings on different gender, sexuality, and LGBTQ+ allyship issues to promote awareness to this group.

WELCOME! - We are happy to welcome our new Outreach Specialist/Program Assistant, Stephanie Shaw, to our team! Stephanie is a recent 2018 graduate of Winona State University, where she completed a degree in Public Health with an emphasis in community health education. She currently manages our social media pages, teaches on contraceptives and STIs in the schools, and helps to plan our community events. If you have any suggestions or needs within the community, please email her at stephanie.shaw@semcac.org.

Semcac Isn't Just for The Ladies!

June is also Men's Health Month and just as a reminder, we do offer services for men's health concerns as well!

Some of the services we offer for men's health include:

- STI testing and treatment
- HIV testing
- Condoms and lubricants for purchase
- Education on STI/HIV and pregnancy
- Hormone Therapy for transgender men
- HPV Vaccine (Gardasil)

Make an Appointment Today! Call 507-452-4307

EDUCATIONAL TOPIC OF THE MONTH- HIV TESTING



A red ribbon is the international symbol for HIV/AIDS awareness

Contact Us

Semcac Clinic

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Winona, MN, 55987

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800-657-5121

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<https://www.semcac.org/semcac-clinic/>

Follow Us



What is HIV?

HIV stands for Human Immunodeficiency Virus. It is a disease that weakens the body's immune system, so it cannot fight off illness or infection. It is transmitted through unprotected sexual contact or sharing of needles/syringes. HIV can lead to AIDS, or Acquired Immunodeficiency Syndrome.

Who is at Risk?

Certain individuals carry a higher risk of becoming infected with HIV including those who:

- have unprotected sex (anal, oral, or vaginal)
- men who have sex with other men
- someone who injects drugs
- have been diagnosed with another STI, like chlamydia, gonorrhea, or syphilis

How to Get Tested.

The Semcac Clinic offers both traditional blood tests, which can take up to two weeks for results, and a rapid 60 second test that requires a finger prick. On June 27th, we are offering free HIV testing from 2-4 pm in observance of National HIV Testing Day.

How to Reduce Your Risk of Infection.

- Know you and your partners' status
- Use a condom every time you have sex
- If you are at a higher risk, use PrEP (a medication that helps prevent infection)
- Get tested regularly and if you have multiple partners, ask them to get tested as well
- Do not inject illicit drugs (those that are not prescribed by your doctor)
- Do not share needles, syringes, or other equipment if you inject medications



