



Photos by Andy Taylor

Above: Dana Burden-Rodriguez and Rachel Nedele work at flint knapping.
Right: Randy Flores beads a necklace.



What is harm reduction?

The Center for Disease Control and Prevention's definition is:

Harm reduction is a set of practical strategies and ideas aimed at reducing negative consequences associated with drug use. Harm reduction is also a movement for social justice built on a belief in, and respect for, the rights of people who use drugs.

Currently the Siletz Tribe has a harm reduction outreach specialist (HROS). During the next few months, this person

will provide updates on current harm reduction practices and tools to help provide the targeted population with prevention strategies.

One of the goals is to reduce/eliminate any new HIV cases in Oregon. Another goal is to encourage individuals to know their status because six out of 10 people do not know their status.

An additional goal is to let individuals know that those who tested for HIV and are positive and/or at very high risk have treatment available to them. It is called PrEP and PEP.

What is PrEP?

Pre-exposure prophylaxis (or PrEP) is when people at very high risk for HIV take HIV medicines daily to lower their chances of becoming infected.

A combination of two HIV medicines (tenofovir and emtricitabine), sold under the name Truvada® (pronounced tru vá duh), is approved for daily use as PrEP to help prevent an HIV-negative person from getting HIV from a sexual or injection drug-using partner who's positive.

The FDA (Food and Drug Administration) has approved Truvada® as PrEP for HIV-negative adults and adolescents weighing at least 35 kilograms (approximately 77 pounds).

Studies have shown that PrEP is

highly effective for preventing HIV if it is used as prescribed. PrEP is much less effective when it is not taken consistently.

What is PEP?

PEP (post-exposure prophylaxis) means taking antiretroviral medicines after potential exposure to HIV to prevent becoming infected.

PEP should be used only in emergency situations and must be started within 72 hours after a recent possible exposure to HIV. If you think you've recently been exposed to HIV during sex, through sharing needles and works to prepare drugs, or if you've been sexually assaulted, talk to your health care provider or an emergency room doctor about PEP right away.



Be a hero: Teach!

Siletz Tribal Members and community members at large – **you** are invited to earn your four-year degree and become a teacher, right here at home, with OCCC's new Teacher Education Program.

A rewarding career in teaching, just 4 years away!

- 2 years at home, earning a transfer degree at OCCC
- 1 year studying at Western Oregon University – or commuting to classes there
- 1 year student-teaching in Lincoln County and completing your WOU bachelor's degree.

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Oregon Coast Community College is committed to providing equal opportunities for students with disabilities throughout the College community. Students with documented disabilities are entitled to reasonable accommodations under Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. Our philosophy is to maximize your independence and self-reliance, providing a variety of support options to assist you in achieving your educational and/or vocational objectives. To receive services, you must submit documentation of your disabling condition(s) to the Director of Student Services. To initiate support services, please contact the Director of Student Services at 541-867-8511 or ccarlson@oregoncoastcc.org. Students are responsible for requesting, in a timely manner, accommodation and documenting the nature and extent of their disability.



Regional HIV Early Intervention & Outreach Program

Linn, Benton, and Lincoln Counties and the Confederated Tribes of Siletz Indians are partnering to provide testing, prevention, education and outreach services to individuals in the region at risk for HIV and other sexually transmitted infections.



+ Harm Reduction

Outreach workers will be in the community working with individuals most at risk for HIV infection.



Testing. 6 out of 10 Oregonians do not know their HIV status.



Prevention. There are effective prevention methods like condoms, refraining from needle sharing, and medication.



Referral to treatment. Those who test positive for HIV will be referred to providers to receive

+ Community Awareness

There are many preventative tools you can use to protect yourself.



Use barrier methods like condoms when engaging in sexual activity.



If you're at a high risk for HIV infection, there is medication that can help reduce your risk. Pre-Exposure Prophylaxis, PrEP, can be prescribed by a medical provider.

Don't engage in needle sharing.

+ Provider Collaboration

We will work with healthcare providers to improve availability of HIV and other STI testing.

We will educate providers to increase their knowledge of emerging preventative methods.

We will help to connect at risk individuals to the healthcare system.

For more information on Oregon's statewide initiative to end HIV infection, visit www.endhivoregon.org.