



February 12, 2007

Resource guide connects people with HIV and hepatitis C to free and low-cost services

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A guide to helping people with HIV and hepatitis C find services was recently updated and released for distribution this month. The *HIV & Hepatitis C Resource Guide*, 6th edition, is a directory of free and low-cost health and community services in Clackamas, Clark, Columbia, Multnomah, Washington and Yamhill counties. Copies are currently being distributed to HIV/AIDS agencies and social service providers throughout the region. The new guide is also available online at www.mchealth.org/cd/hivhcv.

There are 4,000 people estimated to be living with HIV or AIDS in the six-county region. Approximately 2,100 receive health care and other support services available through federally-funded care programs. According to health officials, when people with HIV need help, they often don't know where to turn. Without medical care the disease worsens until the person ends up in an emergency room.

The *HIV & Hepatitis C Resource Guide* is a comprehensive resource for clients, social workers, and health care providers. "This is the most comprehensive resource guide in the city," states Cathy Spofford, a health department social worker who frequently works with homeless clients. "I use it constantly. I also give it to my clients so they can access services themselves." Resources for hepatitis C are included because it is common for people with HIV to be co-infected with hepatitis C.

Free copies are available at the following locations:

Cascade AIDS Project
620 SW 5th Ave., Suite 300
Portland, OR 97204
503-233-5907

Center for Community Health
HIV/AIDS Case Management Program
1601 NE Fourth Plain Blvd., 3rd Floor
Vancouver, WA 98663
360-397-8060

Yamhill County Health Department
412 NE Ford St.
McMinnville, OR 97128
503-434-7421

Public Affairs Office
501 SE Hawthorne Blvd., Sixth Floor
Portland, Oregon 97214
(503) 988-6800 phone
(503) 988-6801 fax