Resources on COVID-19 Support, Advocacy, Gender and HIV

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Founded in 2002, The Well Project was created to be a trusted virtual resource providing accurate, relevant, and up-to-date information on women and HIV. It is extremely important during this difficult time that we share only trusted, evidence-based information—taking the time to review the source and content of articles, memes, or posts before sharing on social media. We have compiled a list of trusted resources** we believe can be useful to our community including women living with HIV, their allies, and healthcare providers. “We will get through this trying time together. It is important to remember that we are stronger as a community than alone,” said The Well Project’s executive director in a letter published on March 13, Getting Through COVID-19 Together (Virtually) - The Importance of our Online Support Community [2].
**Information and data on COVID-19 (the new coronavirus) are very rapidly evolving. These resources include general information. Many are frequently updated – so it is a good idea to check the date on each resource after clicking on it. If you are a clinician, be sure to refer to updated sources for more specific recommendations regarding COVID-19. If you have an additional resource to add to this list, please email oford@thewellproject.org.**

**COVID-19 and HIV – Federal and Clinical Resources**

- **Interim Guidance for COVID-19 and Persons with HIV [3]** (AIDSinfo): Reviews what U.S. people living with HIV and their providers can do in a variety of circumstances during the COVID-19 pandemic, including keeping up with your HIV drugs and staying in touch with your provider.

- **COVID-19: What People with HIV Should Know [4]** (U.S. Centers for Disease Control and Prevention — CDC): Provides answers to many common questions people living with HIV may have regarding COVID-19 about factors including risk, treatment, and stigma.


**COVID-19 and HIV – Community-Based Information, Resources and Perspectives**

- **What You Need to Know About Coronavirus and HIV [7]** (TheBody; includes video): Comprehensive collection of frequently asked questions, basic facts, and practical advice, plus a video conversation with David Malebranche, M.D., an internal medicine physician and HIV sexual health expert.

- **#Coronavirus [8]** (POZ): All the latest links on COVID-19 from an HIV-specific publication.

- **Experts Shed Light on Coronavirus Response and its Implications for People with HIV [9]** (aidsmap): Important early findings on COVID-19 from renowned infectious disease experts at a global science gathering.

- **Debunking Junk Theories on the New Coronavirus, Including Its Nonexistent Link with HIV [10]** (TheBody): Busting many of the myths that have been spreading worldwide alongside COVID-19.

- **My Anti-Stigma Message [11]** (A Girl Like Me): Blogger Lynnea shares her thoughts on stigmas surrounding COVID-19 and HIV, as well as the realities of being a working parent during this pandemic.

- **Isolation [12]** (A Girl Like Me): Blogger Angel S.’s poetic meditation on times of quarantine.

**Webinars, Multimedia and Interactive Resources**

*Please note: If a webinar listed is in the past and the recording has not yet been linked from this page, click the link to see if the organization has posted the recording recently.*
• **Staying Well at Home with The Well Project** [13]: Our bi-weekly (every other week) wellness series, beginning April 8 at 12 noon ET) featuring video/chat sessions with women living with HIV sharing positive approaches to help navigate isolation and other challenges of the COVID-19 pandemic. [Register here for the wellness series] [14].


• **COVID-19 (Coronavirus Disease 2019) and People Living with HIV: Information and Support Webinar** [16] (The Reunion Project and Positive Women's Network - USA): Much-needed conversations with HIV long-term survivors in response to the COVID-19 outbreak, centering people living with HIV and AIDS. Review the materials and recordings:
  - March 20 [slides] [17] and [video] [18]
  - March 24 [slides] [19] and [video] [20]
  - [Notes] [21] from both sessions

• **Transgender Law Center Virtual Community Gatherings During COVID-19 Pandemic** [22]: Transgender Law Center (TLC) is hosting a weekly video call series on how trans people can support each other and advocate at a local, state, and federal level for the care, resources, and support they deserve. Every Friday, live on TLC’s Facebook page at 5pm ET.

• **#PWNCares Sister Circle Virtual Support Group** [23] (Positive Women's Network - USA — PWN-USA): PWN-USA is starting a new virtual support group via videoconference on Zoom, which you can also join by phone. After clicking the link and completing the form, you will receive the link and call-in info.

• **Love Your Life** [24] (Iris House): A virtual group for women living with HIV across the United States, taking place on the second Thursday of every month from 7-8pm ET. Fill out a confidential intake form to participate.

• **Heart Space** [25] (BEAM - Black Emotional and Mental Health): A Black-centered virtual
weekly wellness drop-in room (Tuesdays 5pm ET) led by yoga teacher and wellness facilitator Yolo Akili.

- **COVID-19 (Coronavirus) Preparation for People Living with Chronic Illnesses in the United States** [26] (Irresistible / Healing Justice Podcast): Medical information, invocations, grounding practices and dialogue from a March 7 webinar organized and cohosted by JD Davids of the Cranky Queer.
- **The Impact of COVID-19 on the LGBTQ+ Community** [28] (National Coalition for LGBT Health): A webinar that took place as part of National LGBT Health Awareness Week. Fill out the registration form to access the recording.
- **Taking Care: Understanding and Addressing Mental Health Among Women Living with HIV** [29] (The Well Project): Recording of a webinar featuring mental health providers, advocates, and women living with HIV.
- **A Girl Like Me** [30] and **Una Chica Como Yo** [31] (The Well Project): An online blog where women and girls living with HIV can share their experiences.
- **The e-AA Group** [32]: Online 12-step programming.

**COVID-19 Advocacy, Policy, and Mutual Aid**

- **In Focus: Gender Equality Matters in COVID-19 Response** [33] (UN Women): Video, speeches, statements, news, and helpful advocacy resources regarding gender equity and the global COVID-19 response.
- **Action: Call for a Feminist COVID-19 Policy** [34] (Feminist Alliance for Rights): Request for organizational sign-on to a statement of feminists and women’s rights organizations from the Global South and marginalized communities in the Global North. View and share the statement [35].
- **How Racial Health Disparities Will Play Out in the Pandemic** [36] (Slate): Health equity expert and emergency physician Dr. Uché Blackstock explains how the coronavirus will affect Black patients, and why that terrifies her.
- **Care and Connection in Crisis: Feminist Strategy to Confront COVID-19** [37] (MADRE; PDF): Global feminist organization MADRE recognizes that we must seize the opening to demand the progressive, feminist changes we have long needed.
- **Kenyon Farrow on COVID-19: Racial Justice and Lessons from the AIDS Crisis** [38] (Laura Flanders Show): Senior editor for TheBody Kenyon Farrow discusses the racial and economic implications of COVID-19. What does this global crisis reveal about our relationship to each other and what steps can communities take to empower and learn about this virus?
- **COVID-19 Resources** [40] (National Women's Health Network): Articles and action steps from a U.S.-based advocacy network for women's health and rights.
- **COVID-19: What Implications for Sexual and Reproductive Health and Rights Globally?** [42] (Sexual and Reproductive Health Matters): Editorial from a journal focused on sexual and reproductive health and rights, considering the opportunities presented by COVID-19 to protect women's rights and foster international cooperation.
- **COVID-19 Mutual Aid & Advocacy Resources** [45]: A U.S.-specific compilation of potential ways to help your community while maintaining physical distancing protocols.
- **Calling All People Who Sew and Make: You Can Help Make Masks for 2020 Healthcare Worker PPE Shortage** [46] (Forbes): A regularly updated resource explaining the dire need for personal protective equipment (PPE) and sharing ways to help. (see below for healthcare provider responses to shortages of personal protective equipment)
General COVID-19 Information

Please note: these resources are not specific to people living with HIV.

- **Protecting Your Family from COVID-19 (includes video)** [47]: Dr. David Price of Weill Cornell Medical Center in New York City shares information in a March 22 Zoom call with family and friends on empowering and protecting families during the COVID-19 pandemic. Video link at top of document; transcript by activist JD Davids.
- **What to Do if You Are Sick** [48] (CDC): General guidance for what to do if you are, or believe you may be, ill with COVID-19.
- **Coronavirus COVID-19 Global Cases** [49] (Center for Systems Science and Engineering (CSSE) at Johns Hopkins University): Continually updated open-access dashboard on the epidemiology of the global pandemic.
- **Coronavirus Disease (COVID-19) Pandemic** [50] (World Health Organization): Frequently asked questions, updates, travel advisories, and other resources.
- **COVID-19 Resource Center** [52] (Infectious Disease Society of America): A compilation of COVID-related policies and protocols as well as coverage and payment-related information. Will be updated as resources and new information become available.
- **Pregnancy & Breastfeeding: Information about Coronavirus Disease 2019** [53] (CDC): Frequently asked questions about COVID-19 in the prenatal period, during birth, and while breastfeeding.

Coping with Stress

- **Stress Management** [54] (The Well Project): Learn about common signs and causes of stress, how stress affects women living with HIV, and how to reduce and cope with stress in your life.
- **Coping with Coronavirus Stress** [55] (WellAcademic): Helpful, straightforward guidance for caring for ourselves and maintaining compassion for ourselves during these challenging times.
- **Depression, Women, and HIV** [56] (The Well Project): Learn about depression – what it is, why women living with HIV are likely to have it, and why it is important to find and treat.
- **Care for Your Coronavirus Anxiety** [57] (Shine): Resources for anxiety and your mental health in a global climate of uncertainty.

Having Sex Safely with COVID-19

- **How to Have Sex in the COVID-19 Coronavirus Pandemic** [58] (The Cranky Queer): Ideas for sexy social distancing — because sex that's good for you is good for you.
- **Sex and Coronavirus Disease 2019 (COVID-19)** [59] (New York City Health Department): Can we have sex during this pandemic? Here are some tips for how to enjoy sex and avoid acquiring or spreading COVID-19.

General Preparation and Free Entertainment Resources

- **Just Stay: a Simple Self-Isolation Plan** [60]: Comprehensive resources from a longtime disaster relief worker and professor, written while he was in self-isolation himself.
- **Half-Assed Disabled Prepper Tips for Preparing for a Coronavirus Quarantine** [61]: Regularly updated advice and wise, inspiring words from disability justice activist, writer, and artist Leah Piepzna-Samarasinha.
- **Your Money: a Hub for Help During the Coronavirus Crisis** [62] (New York Times): This guide will connect you to the basic information you’ll need to get through this, including on government benefits, free services, and financial strategies.
- **A Running Guide to Services Now Free (or Discounted) in Response to the Coronavirus** [63]
COVID-19 and HIV - Resources for Providers and Health Officials

- **COVID-19: Special Considerations for People with HIV** [65] (HIV Medicine Association): A resource for clinicians and public health officials. The information is based on best practices in areas that have been heavily impacted by COVID-19.
- **Three COVID-19 Webinars Scheduled for the Week of March 30** [66] (Association of Nurses in AIDS Care – ANAC): Topics include an update from nursing leadership on the front line, clinical updates on the pandemic, and impact on communities and HIV clinical research.
- **COVID-19 Updates and Resources** [68] (U.S. National Association of State and Territorial AIDS Directors): Helpful, regularly updated guidance to help ensure the continuity of essential programming and the protection of people living with and vulnerable to HIV and viral hepatitis.
- **COVID-19 Resources** [69] (ANAC): Weekly updates of COVID-19 resources for healthcare workers and people living with HIV.
- **Events** [70] (BEAM - Black Emotional and Mental Health): Virtual trainings and conversations for mental health and care providers.
- **Medicare Telemedicine Health Care Provider Fact Sheet** [73] (Centers for Medicare & Medicaid Services): Helpful guidance for shifting practices.
- **Project N95** [74]: A resource for healthcare providers to identify urgent demand and assist the government in coordinating, manufacturing, and delivering PPE. (Seeking individuals with advanced technology, supply chain, or epidemiology experience, for online coordination. [View volunteer form](https://www.projectn95.org))

**Tags:**

- coronavirus [76]
- COVID-19 [77]
- COVID-19 HIV [78]
- Coronavirus HIV connection [79]
- HIV support [80]
- HIV stigma [81]
- A Girl Like Me [82]
- HIV awareness [83]
- HIV blog [84]
- HIV community [85]
- HIV empowerment [86]
- HIV mental health [87]
- HIV self care [88]
- HIV wellness [89]
- The Well Project [90]
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Links
[8] https://www.poz.com/tag/coronavirus#lid=d5ab18bd98.d9df34f5cc
[17] https://drive.google.com/file/d/1VYAeoc2hh7XnTzN5HkgixIVxmkf400Ko/view
[18] https://drive.google.com/file/d/1ZqjARI7Vp7pzVCTH4jYH5se2dWJWmH/view
[19] https://drive.google.com/file/d/12_N1dhHwjoVUgHVLs9RW2q-QKqG6GouC/view
[20] https://docs.google.com/document/d/1b4vwsabn94x8qaRx5sTMfrKV9t02Pzmbp60ZfkCsBQ/edit
[23] https://www.irishouse.org/loveyourlife.html
[25] https:// irresistible.org/podcast/corona
[27] https://event.on24.com/wcc/r/2232013/748A374575AFB9621850F640F3D22C4C
[29] http://www.thewellproject.org/a-girl-like-me/aglm-blogs
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[82] http://www.thewellproject.org/tags/girl-me
[90] http://www.thewellproject.org/tags/well-project