

PINK

MAGAZINE



COVID-19
Coronavirus

JANUARY/FEBRUARY 2021 | ISSUE 9

PINK

MAGAZINE

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DO YOU HAVE AN IDEA FOR A STORY YOU WOULD LIKE US TO FEATURE? EMAIL KYLE@MCWC-BAO.ORG

For advertising inquiries in PINK please email Kyle@mcwc-bao.org for more information



SWANN BUILDING
205 32ND STREET SOUTH
BIRMINGHAM, AL 35233



WWW.BAOBHM.ORG



F R E E R A P I D

COVID-19 TESTING

NOW AVAILABLE AT BAO

MON, TUES, THUR 12-5:45
WED 2-5:45

HEALTHY COOKING



Joshua Glenn, BAO Food and Nutrition Educator

Going into February we will be celebrating 2 things: Black History Month and Mardi Gras! On the list of my favorite foods are Soul Food, Creole and Cajun food. February celebrates many of my favorites. Soul food is one of the most popular and recognizable types of cooking coming out of the United States. For centuries, Black Americans have passed on hearty, sumptuous recipes that have marked many a special occasion. Cajun is Louisiana's country cooking, while its urban cuisine is what we call Creole.

Soul food takes its origins mostly from Georgia, Mississippi, and Alabama, a collection of states commonly referred to as the Deep South. During the Transatlantic Slave Trade, enslaved African people were given meager food rations, enslaved people preserved African food traditions and adapted traditional recipes with the resources available. Over time, these recipes and techniques have become the soul food dishes we are familiar with today. This food genre, now associated with comfort and decadence, was born out of struggle and survival.

It is a popular misconception that the terms Creole and Cajun are interchangeable. While there are similarities, Creole is the sophisticated, worldly urbanite and Cajun is the provincial country cousin. The inhabitants of New Orleans created Creole cuisine, a subtle group of dishes utilizing spices and rich sauces. The Cajuns, having settled at a later date in more remote areas of the Louisiana countryside, had to improvise with ingredients readily available in the bayous.

Creole and Cajun cuisine did not develop in a linear way from French gastronomy to the same extent that American cooking derived from the English and European styles of the seventeenth and eighteenth centuries. Louisiana cuisine, whatever it might be called, is the literal melting pot of America. In a pot of gumbo served today in traditional New Orleans house, there is a French roux, African okra, Indian file', Spanish peppers, Cajun sausage, and more.

Soul food has a rich and important history that ties Black culture to its African roots, and that history is deeply reflected in the staple recipes and techniques. In soul food cooking, there are four key ingredients that establish a historical link to America's dark slavery past and the African cultures that the enslaved carried with them; rice, okra, pork, and greens.

It may surprise you that rice is not indigenous to the Americas. In fact, many crops that are key ingredients in soul food cooking were nowhere to be found in the Western Hemisphere prior to the slave trade.

During the Middle Passage, slave traders intentionally took several crops native to Africa and made limited portions of these foods available on the slave ships in order to keep the enslaved alive. Once in the Americas, the enslaved Africans grew these crops on the plantations as food sources that would keep their energy up during the long days of hard labor.

The transport of the African variety of rice in particular through the slave trade arguably set the foundation for the most notable southern American culinary traditions. Since rice is a staple in many African dishes, enslaved Africans adapted their cooking in the Americas with the food items that were most accessible, creating some of the most renowned soul food staples. Today we can still see clear similarities between one-pot rice recipes like jambalaya, and Jollof, a wildly popular and traditional dish in many West African countries.

Whether it's stewed, fried or baked, okra has grown to become a cornerstone of southern American cooking despite its African roots. The slimy green vegetable has a deep history, likely originating from Ethiopia. Over the centuries the vegetable made its way through the Middle East, North Africa, and even South Asia. It wasn't until the 18th century when okra made its way to the Americas through slave ships. Historically, okra has been used as a soup thickener, a coffee substitute, and even as a material for rope.

Okra is still used today in a variety of African soups, stews, and rice dishes, and the recipes vary widely from country to country. While it is usually served fried in the Deep South, many are most familiar with okra as an ingredient in gumbo, a rich and savory stew usually consisting of some sort of meat or seafood, vegetables, and served with rice. Interestingly enough, the word "gumbo" is derived from "ki ngombo", the Bantu word for okra.

The contributions to cuisine by the black community are too many to name, but my taste buds are definitely grateful for each and every one of them.

Happy Black History Month & Happy Mardi Gras Y'all!

CHICKEN, SAUSAGE

AND OKRA GUMBO

INGREDIENTS

- 1 cup vegetable or canola oil
- 1 1/3 cups all-purpose flour
- 3 large bell peppers, cored and diced
- 2 large celery stalks, diced
- 1 medium yellow onion, peeled and diced
- 2 cups fresh or frozen chopped okra
- 1 pound Andouille sausage, sliced
- 5 cloves garlic, minced
- 1 14oz can fire-roasted tomatoes
- 1 Tbsp Creole seasoning, to taste
- 2 Tsp dried thyme
- 1/2 Tsp cayenne, to taste
- 1 Tsp salt, to taste
- 1-2 Tsp cracked black pepper, to taste
- 6 cups chicken stock
- 2 cups shredded cooked chicken
- 3 bay leaves
- 2 green onions
- optional for serving: rice and hot sauce



INSTRUCTIONS

1. Heat oil in a large thick-bottomed pot over medium-high heat. Whisk in flour until combined. Continue to cook, stirring constantly, until the roux mixture reaches a dark brown color (similar to milk chocolate) , about 18-20 minutes. Be careful not to let your roux burn. If your roux burns, throw it out and rinse out your pan and start again and lower the temperature of your heat slightly. Remember to **KEEP STIRRING CONSTANTLY!**
2. Once your roux reaches its dark brown color, stir in the bell peppers, celery, onion, and okra until combined. Continue to cook, stirring every 10-15 seconds, until the vegetables have softened a bit, about 8-10 minutes.
3. Stir in the andouille, tomatoes, Creole seasoning, thyme, cayenne, salt, and pepper until combined. Cook 3-4 minutes stirring occasionally.
4. Gradually stir in the stock, chicken and bay leaves, and continue cooking until the gumbo reaches a simmer. Reduce heat to medium-low, and let gumbo simmer for at least 20-30 minutes until the vegetable are completely tender. Taste, and season with extra salt, pepper and cayenne if needed.
5. Serve warm with rice, sprinkled with fresh parsley and/hot sauce if desired.



MAGIC CITY

Wellness Center

A BAO Affiliated Program

205-877-8677

Avita

P H A R M A C Y

205-847-5390

3220 5th Avenue South, Suite 100



WELLNESS CENTER

THE MAGIC CITY WELLNESS CENTER (MCWC) IS CELEBRATING 5 YEARS IN 2021! SINCE OPENING ITS DOORS IN JANUARY 2016 MANY THINGS HAVE CHANGED. ONE THING THAT HAS REMAINED THE SAME IS THE COMMITMENT TO QUALITY PRIMARY CARE FOR THE LGBTQ COMMUNITY AND ALLIES. ALTHOUGH A VARIETY OF SERVICES ARE OFFERED, PRIMARY CARE IS AND ALWAYS WILL BE THE CORNERSTONE OF CARE OFFERED AT MCWC.

A LITTLE BACKGROUND ON MCWC:

MCWC started as a project of Birmingham AIDS Outreach (BAO) in 2015 to address the health concerns in the LGBTQ community of Birmingham and surrounding areas focusing not only primary care but also the needs of the transgender community in particular. Opening its doors on 4th Avenue South in January 2016, MCWC started small with a part time medical provider, part time receptionist and a Director. Since that time, MCWC has added an additional medical provider, 2 full time Certified Registered Nurse Practitioners, 2 full time front office staff, a full time in house lab, 3 Licensed Professional Counselors/Associate Licensed Counselor, and an in house pharmacy through our partnership with Avita Pharmacy. MCWC is now operating out of their beautiful new building on 5th Avenue South just one block from BAO where they share the space with the 1917 Clinic at UAB.

WHAT IS PRIMARY CARE?

A primary care practice serves as a patient's first point of entry into the healthcare system and as the continuing point of focus for all needed health care services. Primary care practices provide patients with ready access to their own personal physician or nurse practitioner who builds a relationship with a patient for a more tailored and relaxed experience. Primary care practices provide health promotion, disease prevention, health maintenance, counseling, patient education, diagnosis and treatment of acute and chronic illnesses in a variety of settings. Primary care practices are organized to meet the needs of patients with undifferentiated problems with a majority of concerns and needs being cared for in the practice itself.

WHAT PRIMARY CARE SERVICES ARE OFFERED AT MCWC?

Primary care services can cover a range of concerns and medical severity. Primary care may include regular physical exams, prescribing of medications, treating minor illness, managing chronic conditions and screening for common health problems. In addition to these, MCWC also provides specialty care for the LGBTQ community including PrEP/PeP services and hormone replacement therapy.



WHO IS ELIGEABLE FOR SERVICES AT MCWC?

EVERYONE! Although we make it a point to make the LGBTQ feel welcome and comfortable in our space, we are also happy to provide services to our non-LGBTQ allies in the community as well.

DOES MCWC TAKE INSURANCE? CAN I DESIGNATE THEM AS MY PRIMARY CARE PROVIDER?

ABSOLUTELY! Most insurance plans allow you to designate either MCWC or one of our providers as your in-network primary care provider (PCP). The advantage of designating and utilizing an in-network primary care physician is the cost savings benefits associated with lower co-pays. Many plans also require referrals from a PCP for more specialized care such as dermatology or cardiology. Please contact our office if you need assistance designating our providers as your PCP with your insurance provider.



MEET

CHRISTA MAYFIELD

WHAT DO YOU DO AT MAGIC CITY WELLNESS CENTER?

I am the Director of MCWC and I joined the team in January 2021.

WHAT IS YOUR FAVORITE THING ABOUT WORKING WITH MAGIC CITY WELLNESS CENTER?

The “fun” environment and being surrounded by others who just want to help others and do good in the world.

WHAT DO YOU WISH MORE PEOPLE KNEW ABOUT MCWC?

I wish more people knew that MCWC offers full service primary care, including annual wellness exams.

WHAT ARE YOU MOST EXCITED ABOUT FOR MCWC IN 2021?

In October, MCWC relocated to a brand new building @ 3220 5th Ave. S. Our team is growing, we will be adding an M.D, Nurse Practitioner and Certified Medical Assistant in the coming months.

TELL US A LITTLE ABOUT YOUR BACKGROUND.

Education: Juris Doctorate

Master of Business Administration, Healthcare Management

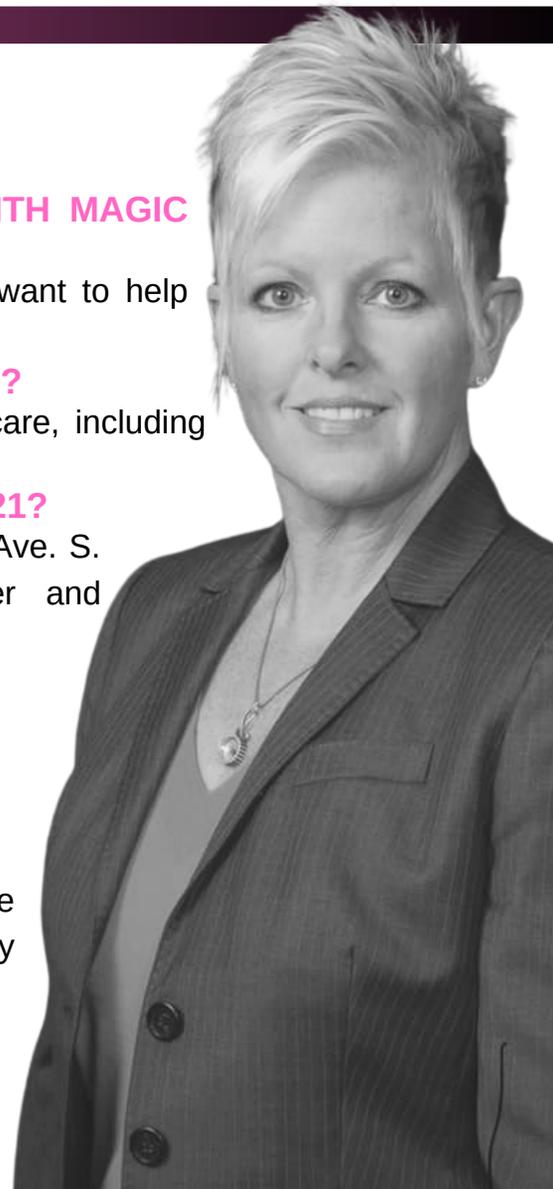
Bachelors of Information Technology

Master of Public Health candidate 2022

30+ years in Health Plan Administration and Revenue Cycle Management, the last 20 of those as an Executive with a technology company providing services and solutions to health plans.

AND FINALLY, DO YOU HAVE A FAVORITE OR LEAST FAVORITE SONG WE PLAY AT MCWC?

Having music at MCWC is a highlight and it adds to the positive environment.



Queer To Stay

WE'RE CURRENTLY CLOSED,
BUT STILL HERE!

JOIN US ONLINE UNTIL WE CAN ALL BE TOGETHER AGAIN



TIRED OF FEEDING COINS INTO A MACHINE?

WE HAVE FREE LAUNDRY

SOCIALLY DISTANT AND COMPLETELY FREE, BEGINNING JUNE 1ST!



ONLINE LGBTQ TRAINING



INTERESTED IN LEARNING BEST PRACTICES FOR WORKING WITH THE LGBTQ COMMUNITY? NEED TO UPDATE YOUR LANGUAGE AND TERMINOLOGY? WOULD YOU LIKE SUPPORT IN UPDATING YOUR POLICIES AND FORMS?

WE PROVIDE ONLINE TRAINING AND CONSULTATION TO SCHOOL ADMINISTRATORS, FACULTY, COUNSELORS, NON-PROFIT ORGANIZATIONS, BUSINESSES AND CORPORATIONS.

AVAILABLE:

 **MONDAY-FRIDAY**
11:00 AM-5:00 PM

 **KELLER@MCAC-BAO.ORG**



SPEAK OUT!

WEEKLY DISCORD MEETUP FOR LGBTQ ADULTS
WEDNESDAYS AT 6 PM



NEW!

Ages 10-12

Discord!

Mondays at 4:30



CLIENT SERVICES

Often the un-sung heroes of BAO, our Client Services team has worked non-stop throughout 2020 to insure that our clients receive all of our services without interruption. They have come up with creative ways to protect themselves and our clients from COVID-19 and have seen an increase in demand throughout the process. On average, our Client Services team (which consist of 7 case managers) sees over 800 clients each month. This month we celebrate them and introduce you to the entire team!



Kris Hauenstein, LMSW, Director of Client Services

Social work provides me the chance to make a positive impact on people's lives and empower them through direct action at varying levels of service. As a social worker, I believe that we have a duty to continue our pursuit of knowledge and service through education and community collaboration. BAO client services affords me the opportunity to serve, advocate for and learn from a diverse community that possess a wealth of knowledge.

Emily Neil, LMSW

I always knew that I wanted to work in a helping profession because I grew up enjoying volunteering for several organizations. I found myself really interested in serving people in ways that were more closely linked to their identified needs and in ways that were more efficient and respectful towards the people being served. I found that social work's values actually align closely with my own, particularly valuing the dignity and worth of all people. I love that social work also focuses on a holistic approach to assessing people that we serve, seeking to understand a person's entire biological, psychological, and social circumstances in order to more fully understand people in the context of their environment. I appreciate how this view improves service because it allows for individualized care, respects multiculturalism, and encourages client empowerment.



I love working in client services for many of the same reasons I mentioned about loving social work. The foundation of a program like this is an understanding that improving health outcomes is achieved by looking at the entirety of a person and the factors that affect their access to and priority of their healthcare. It is very rewarding when I am able to link people with the exact resources that they are needing. Mostly, I enjoy getting to know people, seeking out a whole picture of their circumstances, and finding out the best ways to meet their needs.

Mary Scheinert, LMSW

"I knew from an early age that I wanted to help people and social work gives me the ability to empower people to help themselves. Working with at-risk populations is challenging but rewarding. I also love that the field of social work is always evolving and the opportunity for personal and professional growth is abundant"



Dominique Anderson, MSW

I became a social worker because my passion is people and I enjoy providing resources to them. I enjoy meeting new faces and getting to know clients individually, as well as meeting their immediate needs in Client Services.



Joseph Abua, LMSW

With my experience from home (Nigeria), seeing the injustices meted on vulnerable populations and the high level stigmatization they experience, I realized we need to start acting rather than just complaining and what better way to be involved than equipping myself with the right knowledge, skills and experience to be the voice of these populations? I figured with a degree in Social Work, I would positively impact the lives of these people, promote social justice as best I can and ensure there is equity and equality across various populations.



One of the things I like about working at BAO is the opportunity it gives the staff to grow with lots of experiences and exposures. Also, the flexibility of the job is another catch for me and the fact that it is family away from family

Charlotte Givhan, LBSW

I chose to become a social worker after taking an introductory class and learning the history of social work. I was inspired to join the profession and start doing the work of addressing social inequality and eliminating poverty. My favorite part of working at BAO is being a witness to the amazing community we have fostered here! Although I miss the amazing energy that happened in the lobby, it's so wonderful to walk outside and see clients catching up with each other from the comfort of their cars.



Tiffany Pullum, LBSW

I chose this field because I recognize the value of the individual and believe that we should all have the tools we need to live a successful life. Far too many populations are forced to endure mental, physical and emotional struggles, often through disadvantages for which they are not at fault. Social work is my chosen career because it aligns with my personal values of humanity, companionship and empowerment of all individuals. It is my opportunity to give hope to those who feel hopeless, and shine a light in what can often be a very dim world.



PICK UP MON-WEDS, 4-6 PM

MCAC LIBRARY

NOW OFFERING BOOK CHECK-OUT SERVICES WITH CURBSIDE PICK UP!



JOIN US AT BAO AT 6PM ON THE THIRD WEDNESDAY OF EACH MONTH!

book
L G B T Q I A
q n t o

205 32ND STREET SOUTH | BIRMINGHAM, AL 35233
BIRMINGHAM AIDS OUTREACH.ORG



LGBTQ
LEGAL
@BAO

NEW!

PRO-BONO
LEGAL SERVICES
FOR THE LGBTQ
COMMUNITY

PROBATE LAW

WILLS AND ESTATE PLANNING

PRE-NUPTIALS EMPLOYMENT ISSUES

TRANS NAME CHANGE SERVICES

ADOPTION FAMILY LAW DIVORCE

ELIGIBLE TO INDIVIDUALS WHO QUALIFY BENEATH 200% FEDERAL POVERTY RATE



LIFE AFTER LOSS
LGBTQ GRIEF SUPPORT GROUP

Love
TRANSformed

Together we will explore what it's like to be the partner or spouse of someone who is transgender. Join us in a professionally-facilitated safe space as we share, grow, and learn how to support ourselves while also supporting our transgender loved ones. Open to all, ages 21 and up.

Meetings are held on the 4th Friday of each month from 4:15pm - 5:15pm at MCAC.

For more information, please send an email to katie@mcwc-bao.org or amanda@mcac-bao.org, or call (205) 877-8677.



STOP *the* **FLU** before it stops you



WALK-IN AVAILABLE MONDAY-THURSDAY 9-3:30
NO APPOINTMENT NEEDED | CLOSED 12-12:30 DAILY



MAGIC CITY
Wellness Center

A BAO Affiliated Program

2500 4TH AVENUE SOUTH

205.877.8677

**FLU SHOTS ARE AVAILABLE AT OUR NEW
LOCATION BEGINNING OCTOBER 5, 2020
3220 5th Avenue South, Suite 100**

HELP PREVENT THE SPREAD OF COVID-19



COVID-19 TESTING GUIDE

RAPID AND PCR TESTING

WHAT TYPE OF TESTS ARE AVAILABLE?

ANTIGEN "RAPID" TESTS:

This test detects protein fragments specific to the Coronavirus. In some cases, results can be reported within 15 minutes.

PCR TESTS:

Considered the "gold standard" in SARS-CoV2 detection. This test actually detects RNA that is specific to the virus and can detect the virus within days of infection, even in those without symptoms.

WHO SHOULD GET A RAPID TEST?

Rapid tests are considered most accurate in a patient who is having symptoms of COVID-19. While the rapid test can provide quick results, the results may not always be accurate. It is recommended to have a confirmatory test performed using the PCR testing method if you are experiencing symptoms and receive a negative result on a rapid test.

WHAT IF I DON'T HAVE SYMPTOMS?

If you have no symptoms of COVID-19 but you've had a known high-risk exposure, you should have a PCR test performed. A high-risk exposure is considered more than 15 minutes of contact with a COVID-positive individual in a 24-hour period and you have been within 6 feet of that individual.

BAO OFFERS FREE DRIVE-THRU RAPID COVID-19 TESTING

VISIT BAOBHM.ORG FOR MORE INFORMATION

What is COVID-19? Who should be tested? When should you get tested? How does testing work? When will a vaccine be available? All of these are questions we have all been asking for the last year. Here, we dig into programs offered at BAO and give you all the facts we have available now along with information gathered from CDC.GOV

WHAT IS COVID-19?

A novel coronavirus is a new coronavirus that has not been previously identified. The virus causing coronavirus disease 2019 (COVID-19), is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold.

WHAT ARE THE BEST WAYS TO PREVENT INFECTION OR SPREAD?

The virus that causes COVID-19 most commonly spreads between people who are in close contact with one another (within about 6 feet, or 2 arm lengths). It spreads through respiratory droplets or small particles, such as those in aerosols, produced when an infected person coughs, sneezes, sings, talks, or breathes. These particles can be inhaled into the nose, mouth, airways, and lungs and cause infection. This is thought to be the main way the virus spreads. Droplets can also land on surfaces and objects and be transferred by touch. A person may get COVID-19 by touching the surface or object that has the virus on it and then touching their own mouth, nose, or eyes. Spread from touching surfaces is not thought to be the main way the virus spreads.

IS TESTING FOR COVID-19 STILL AVAILABLE AT BAO?

BAO offers free HIV/STI and COVID-19 testing 4 days a week. M, T, TH 12-5:45 and Wed 2-5:45

COVID-19 vs Flu

	COVID-19	Flu
Fever/chills	✓	✓
Cough	✓	✓
Body Aches/Headache	✓	✓
Tiredness	✓	✓
Loss of taste/smell	✓	✗
Runny/stuffy nose	⊖	⊖
Sore throat	⊖	⊖
Shortness of breath	✓	⊖
Severity	Varies. Older adults and people with certain underlying conditions are at higher risk of severe illness. Seems to cause more severe illness in more people than flu.	Varies. Young children, older adults, and people with certain chronic conditions are at higher risk of severe illness.
Onset of symptoms	Later (2-14 days after infection)	Earlier (1-4 days after infection)
Cause	SARS-CoV-2	Influenza viruses

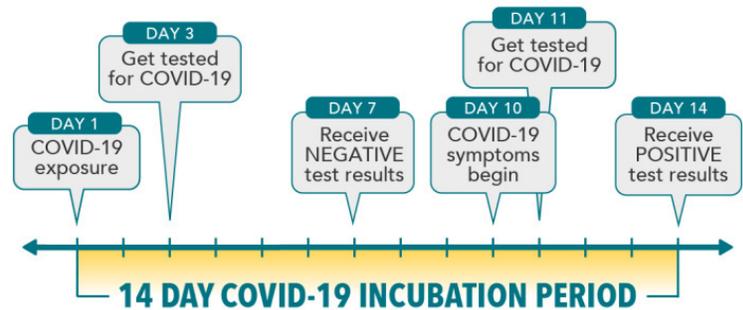
- Common
- Less Common
- Not Common



cdc.gov/coronavirus

321952-A | 1/21/2021

IT CAN TAKE UP TO 14 DAYS FROM TIME OF EXPOSURE FOR YOU TO TEST POSITIVE FOR COVID-19



IF YOU THINK YOU'VE BEEN EXPOSED TO COVID-19, SELF QUARANTINE FOR 14 DAYS AND MONITOR FOR SYMPTOMS

For more information, visit: publichealth.lacounty.gov/coronavirus



COMMON QUESTIONS ABOUT

THE COVID-19 VACCINE

MANY PEOPLE HAVE MANY QUESTIONS ABOUT THE COVID-19 VACCINE. READ MORE BELOW TO SEE THE ANSWERS TO MANY COMMON QUESTIONS AS THE WORLD RAMPS UP ITS VACCINE DISTRIBUTION PLANS. (Source: Sandee LaMotte, CNN; CDC.gov)

DOES MAGIC CITY WELLNESS CENTER OFFER COVID-19 VACCINES?

As of January 25, 2021 we do not have COVID-19 vaccines in stock. Our staff has been trained and approved to administer and store the vaccine and have been put on a list to order but have yet to receive actual doses. Please keep watch of our social media and website for more information as it becomes available.

DO GET YOUR VACCINE WHEN IT IS YOUR TURN!

You should be able to find out when it's your turn to be vaccinated and how to register in your neighborhood by reaching out to your state or local health department. Be sure to stay aware of current guidelines in both the county and the state as Jefferson County Health Dept and ADPH operate together but separate.

DON'T LET DISINFORMATION ON VACCINES CLOUD YOUR JUDGEMENT.

Social media is full of bad information about both the virus and the vaccine. If you have doubts about the vaccine visit the CDC website for science based facts about the virus and available vaccines.

DO GET VACCINATED EVEN IF YOU HAVE ALREADY HAD COVID-19

Reinfection with COVID-19 is possible according to the CDC so everyone needs to get a vaccine that is able., including those who have already had the virus.

Check with your doctor about specifics and timing regarding your case as there may be a specific length of time you should wait after your infection before you receive the vaccine.

DO NOT GET A VACCINE IF YOU CURRENTLY HAVE COVID-19 OR KNOW THAT YOU HAVE BEEN EXPOSED.

If you have tested positive or have been exposed to someone with COVID-19, you should not go to a vaccination site to get your shot until your symptoms and isolation period have passed. You do not want to run the risk of exposing others in line or the health care staff administering the vaccine.

DON'T GET ANOTHER TYPE OF VACCINE WITHIN 14 DAYS OF THE COVID-19 SHOT.

If you have tested positive or have been exposed to someone with COVID-19, you should not go to a vaccination site to get your shot until your symptoms and isolation period have passed. You do not want to run the risk of exposing others in line or the health care staff administering the vaccine.



DO TELL VACCINE STAFF ABOUT ANY ALLERGIES YOU HAVE OR PAST ALLERGIC REACTIONS.

Although rare, a few people have had moderate to severe allergic reactions after being given the vaccines.

DON'T DRIVE AWAY BEFORE YOUR 15-30 MINUTE WAIT IS UP.

This is to make sure that you do not have any allergic reaction to your vaccine.

DO MAKE EVERY ATTEMPT TO GET YOUR SECOND SHOT OF VACCINE WITHIN THE RECOMMENDED TIME FRAME.

Getting a second shot is to make sure that you have protection. The second Pfizer shot should be administered 21 days from your first and a second Moderna shot should be given 28 days later. Do not get your second dose early, but if you have trouble scheduling , waiting a few days after the due date should not be an issue.

CONTINUE WEARING MASKS AND PRACTICING SOCIAL DISTANCING AFTER YOUR SHOTS.

According to the CDC, even after you are fully vaccinated you may still be a silent carrier of the coronavirus. There is not enough research yet to confirm that the vaccine will keep you from spreading the virus. So to protect others, continue to wear a mask over your nose AND your mouth, stay at least 6 feet away from others, avoid crowds and crowded and poorly ventilated spaces, and wash your hands often for at least 20 full seconds.

BLACK LIVES MATTER

ONGOING VIRTUAL PROGRAMS:

BLACK, QUEER & TRANS EXCELLENCE
(AGES 13-24)
MONDAY-THURSDAY 10 AM-5 PM

A.M. MCAC (AGES 13-24)
MONDAY-THURSDAY 10-11 AM

VIRTUAL DROP-IN HOURS (AGES 13-24)
TUESDAYS & THURSDAYS 3-5 PM

JUNIOR DISCORD (AGES 10-12)
MONDAYS FROM 4:30- 5:30 PM

SPEAK OUT (AGES 25+)
WEDNESDAYS FROM 6-7 PM



BLACK LIVES MATTER

BLACK LIVES MATTER

HELP PREVENT THE SPREAD OF COVID-19

COVID-19 TESTING GUIDE

RAPID AND PCR TESTING

I HAVE SYMPTOMS



PROCEED TO BAO
DRIVE-THRU TESTING FOR A
RAPID COVID-19 TEST

BAO OFFERS
FREE
DRIVE-THRU
RAPID COVID-19
TESTING

RESULTS AVAILABLE
WITHIN AN HOUR

I HAVE SPENT MORE THAN
15 MINUTES WITHIN 6 FEET
OF SOMEONE WITH A
POSITIVE COVID DIAGNOSIS

YES

NO

SEEK A PCR
TEST FROM A
MEDICAL
PROVIDER

NO NEED FOR
A TEST AT
THIS TIME

A NEGATIVE RAPID TEST DOES NOT MEAN YOU ARE NECESSARILY NEGATIVE IF YOU HAVE HAD KNOWN EXPOSURE. A MEDICAL PROFESSIONAL CAN CONFIRM RESULTS WITH A PCR TEST. IF YOU HAVE KNOWN EXPOSURE BUT NO SYMPTOMS YOU SHOULD STILL SELF QUARANTINE UNTIL GIVEN PERMISSION TO LIFT QUARANTINE BY A MEDICAL PROFESSIONAL.

VISIT BAOBHM.ORG FOR MORE INFORMATION

CHANGING THE WORLD

ONE CASE AT A TIME

BAO's own Destiny Clark who works as part of our T-HEAL program and also helps provide COVID-19 testing was recently part of a landmark case in Alabama which has helped to bring equality to transgender Alabamians.

Alabama's policy requiring a transgender person to undergo full gender reassignment surgery before they can change the sex on their driver's license is unconstitutional, a federal judge ruled on January 15, 2021.

U.S. District Judge Myron Thompson said Alabama policy's that people "can only change the sex designation on their driver licenses only by changing their genitalia" is unconstitutional. He directed the state to give new licenses to the three transgender women who filed the lawsuit "reflecting that they are women."

The federal judge said the policy subjects people to harassment and even the risk of violence when they have a license that does not match their daily appearance. In 2019 arguments in the case, Thompson said Alabama was essentially marking people with a "scarlet T."

"The alternative to surgery is to bear a driver license with a sex designation that does not match the plaintiffs' identity or appearance. That too comes with pain and risk," Thompson wrote. "Alabama therefore may no longer make people's genitalia determine the contents of their driver licenses," Thompson said.



WE INTERVIEWED DESTINY AFTER THE LANDMARK DECISION TO GET HER FEELINGS ON THE CASE.

WHAT DOES THIS DECISION MEAN TO YOU PERSONALLY?

To me personally I have never sought validation, but having the little "F" on my ID kind of validated me....even though I thought it was something I never sought.

WHAT MADE YOU DECIDE TO AGREE TO BE A PART OF THE CASE?

Several years ago when I had my top surgery I tried to change my gender marker and that started the whole process. The lady at the DMV was really awful and refused to do so. After several processes and long conversation the final answer was no. At the time I knew several people who had not had bottom surgery but had been fortunate enough to have a DMV employee change theirs so when the case came around I was ready to jump in and be a part of it.

WHAT DO YOU THINK THIS MEANS FOR TRANS INDIVIDUALS IN OUR STATE?

So this was a small stepping stone for trans individuals. This means a trans youth turning 16 can get their correct marker from the beginning. In Alabama you can't have surgery until you are 18 and some people have no desire or the financial means to go through with surgery are now able to be correctly labeled. I wanted to help with this for those who couldn't financially do what the state was mandating in order to be who they are.

HAVE YOU HAD A CHANCE TO HAVE YOUR LICENSE CHANGED YET? WHAT WAS THE EXPERIENCE LIKE?

I had the opportunity to go about a week and half after the judges ruling (we had to wait on state guidance). The experience was pretty smooth. The lady at the courthouse knew of me because she had helped me before. She had heard of the case and was ready to change it but there was some red tape. It took about an hour while we waited for a letter from the state telling me they could revoke it if they win their appeal. I went to the Pell City Court House was very affirming and made it as easy as she could.

ANYTHING ELSE YOU WANT PEOPLE TO KNOW?

This was one small step and we still have many battles left to fight in Alabama. LGBTQ rights were not won with marriage equality and we all still have to continue to fight for the rights of the entire community and fight for those who may not be able to fight for themselves.



**BLACK
TRANS
QUEER
EXCELLENCE**

**BLACK LGBTQ YOUTH IN ALABAMA
WEDNESDAYS FROM 4-6 ON DISCORD**