



**What do you
know about**

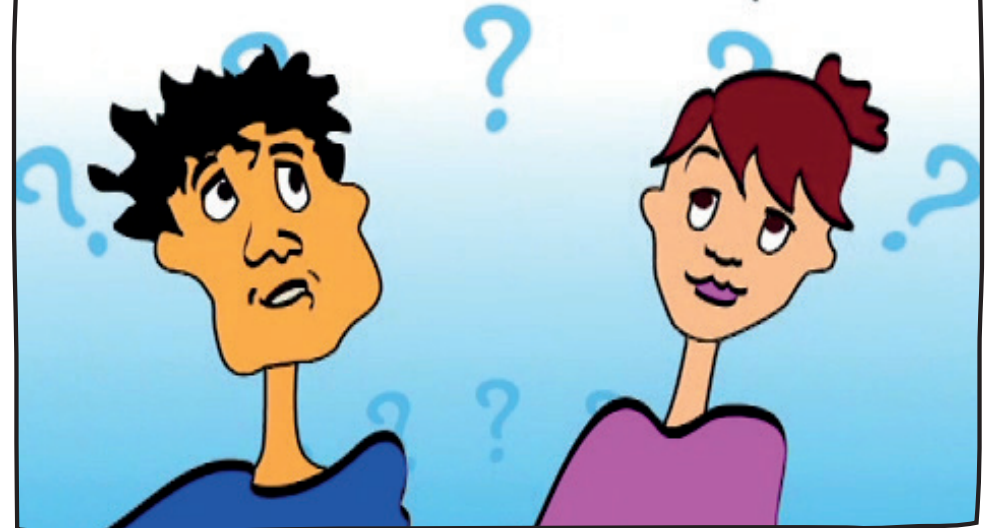
**HIV and
HIV Testing?**



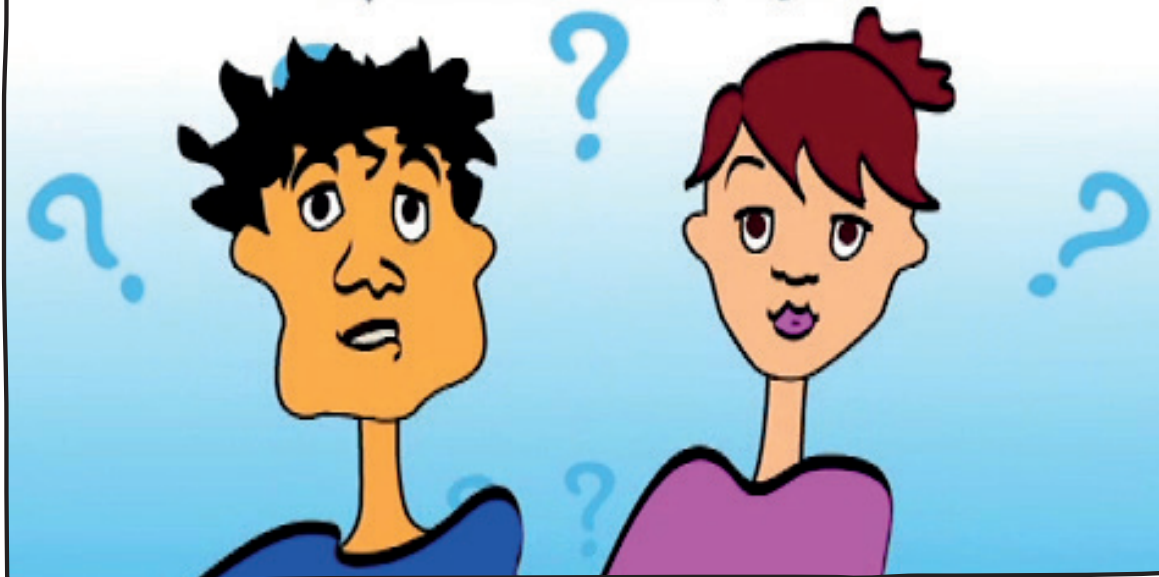
TODAY YOU ARE GOING TO LEARN ABOUT HIV AND HIV TESTING. YOU WILL LEARN ABOUT...

**What do you know about
HIV and HIV Testing?**

What is HIV and HIV testing?



What is the difference
between HIV and AIDS?



How do you get HIV?



How can HIV be prevented?



YOU ALSO WILL LEARN ABOUT WHY YOU SHOULD GET TESTED FOR HIV.

Benefits of testing



LATER, YOU WILL LEARN ABOUT SOME TYPES OF HIV TESTS AND THE MEANING OF TEST RESULTS.

Talk about testing



What is the difference between HIV and AIDS?



What is HIV?



THE LETTERS H-I-V STAND FOR
HUMAN IMMUNODEFICIENCY VIRUS.



Human Immunodeficiency Virus

HIV is a virus



A virus is a
type of organism



UNLIKE OTHER VIRUSES, ONCE YOU ARE INFECTED WITH HIV, IT STAYS IN YOUR BODY FOREVER.

HIV is permanent



HIV is permanent
Infected for life

WHEN YOU ARE INFECTED WITH HIV, THE VIRUS DAMAGES YOUR IMMUNE SYSTEM.

Immune System



HIV DAMAGES YOUR IMMUNE SYSTEM

Immune System



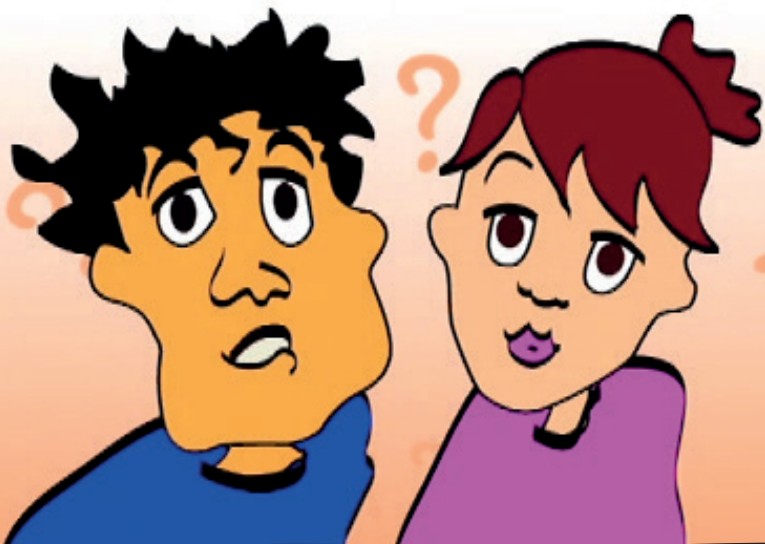
YOUR IMMUNE SYSTEM DEFENDS YOUR BODY AGAINST DISEASES.

HIV IS THE VIRUS THAT CAUSES AIDS.



AIDS

What is AIDS?



THE LETTERS A-I-D-S STAND FOR THE ACQUIRED IMMUNE DEFICIENCY SYNDROME.



Acquired Immune Deficiency Syndrome

HIV AND AIDS ARE RELATED, BUT THEY ARE NOT THE SAME THING.

HIV — AIDS



Recently infected with **HIV**



IMMEDIATELY AFTER BEING INFECTED WITH HIV, MOST PEOPLE DO NOT FEEL ANY CHANGES IN THEIR BODIES OR IN HOW THEY FEEL.

HOWEVER, 3 TO 6 WEEKS LATER SOME PEOPLE CAN HAVE SYMPTOMS OR SIGNS...



3 to 6 weeks
after the
infection

... SUCH AS:

HIV

Symptoms

Fever

Weight Loss

Rash

Sore Throat

Swollen Lymph Nodes

Feel Tired



IF YOU DEVELOP THESE SYMPTOMS OR SIGNS 3 TO 6 WEEKS AFTER BEING EXPOSED TO HIV, THAT MEANS YOU MIGHT HAVE AN:



**Acute
HIV
infection**

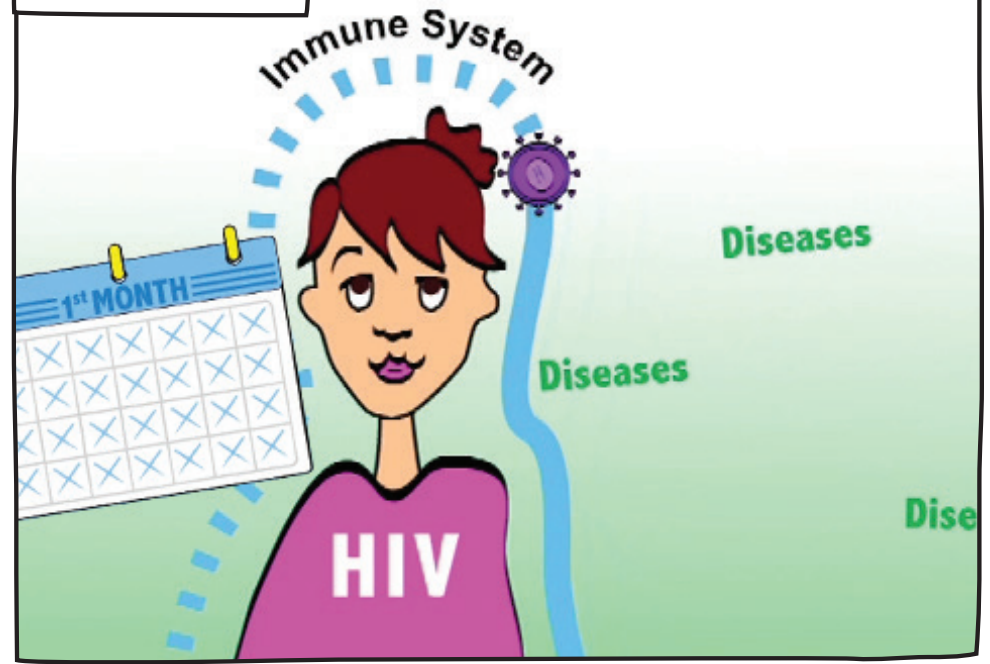
AN ACUTE HIV INFECTION IS YOUR BODY'S INITIAL REACTION TO HIV. HOWEVER, THESE SYMPTOMS OR SIGNS DO NOT MEAN YOU HAVE AIDS.



**Acute
HIV
infection**

Does not mean
you have AIDS

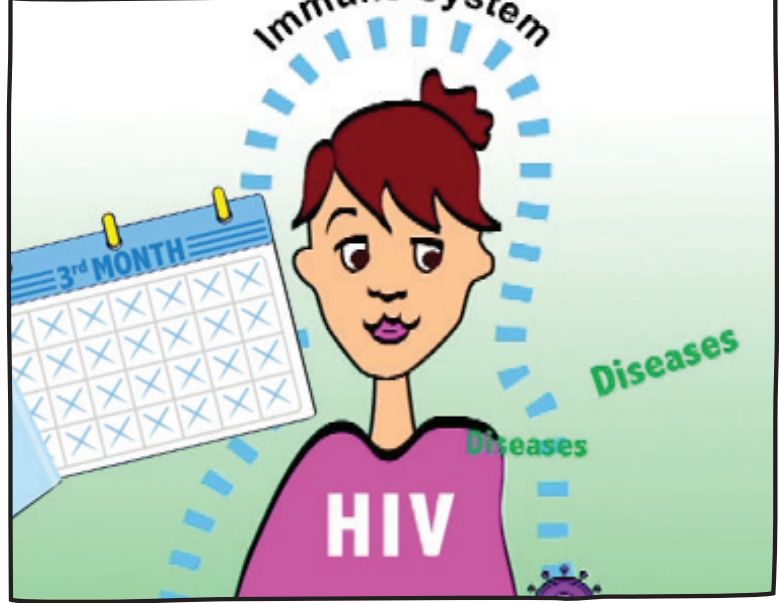
BECAUSE HIV DAMAGES YOUR IMMUNE SYSTEM OR DEFENSES...



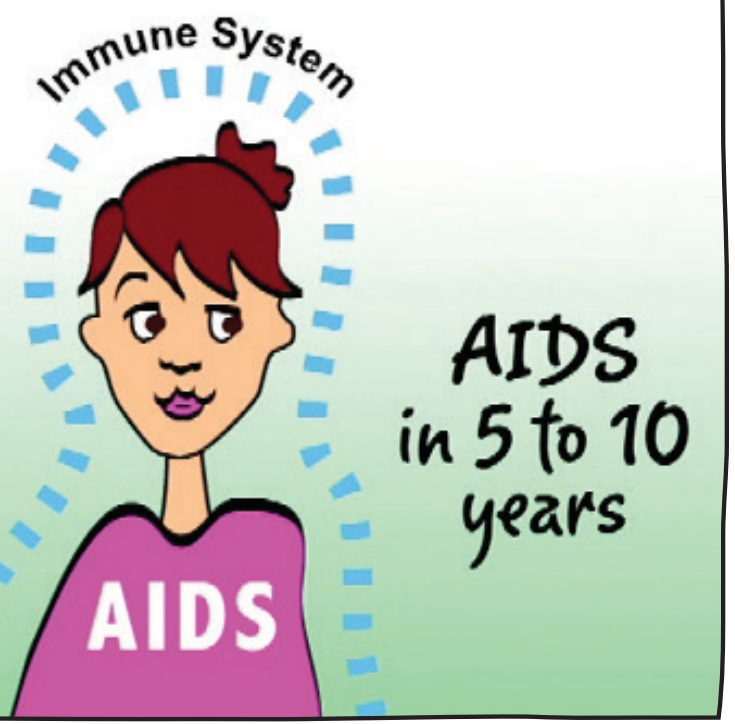
HIV is permanent

EVEN THOUGH YOU WILL RECOVER FROM AN ACUTE HIV INFECTION WITHIN A FEW WEEKS, HIV WILL STAY IN YOUR BODY FOREVER.

... OVER TIME YOU CAN GET DISEASES THAT YOUR HEALTHY BODY COULD NORMALLY FIGHT OFF.



WHEN YOU GET THESE DISEASES, THAT MEANS YOU HAVE AIDS. IF YOU HAVE HIV AND DO NOT GET THE TREATMENT YOU NEED, IT CAN TAKE 5 TO 10 YEARS FOR YOU TO DEVELOP AIDS.



PEOPLE WHO ARE INFECTED WITH HIV OR HAVE AIDS CAN APPEAR COMPLETELY HEALTHY. THEY MIGHT NOT LOOK SICK.

May look healthy



IN FACT, THEY CAN LOOK LIKE PEOPLE WHO DO NOT HAVE HIV OR AIDS.

Can have HIV and not know it

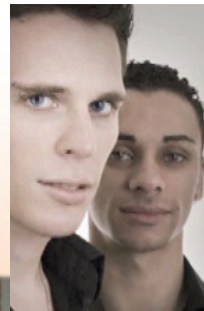


THERE ARE MANY PEOPLE WHO ARE INFECTED WITH HIV AND DO NOT KNOW IT.

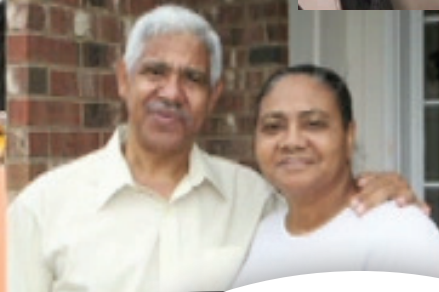
BUT, THEY ARE CARRYING THE VIRUS AND CAN INFECT OTHERS.



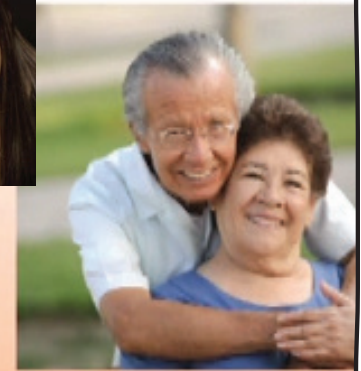
Anyone can get infected with HIV



IT DOESN'T MATTER HOW OLD OR HOW YOUNG YOU ARE, OR IF YOU ARE MALE OR FEMALE...



... STRAIGHT OR GAY, OR IF YOU USE DRUGS OR DO NOT USE DRUGS.



It doesn't matter who you are

OR WHERE YOU ARE FROM.



What you do matters!

AND WHO YOU DO IT WITH.

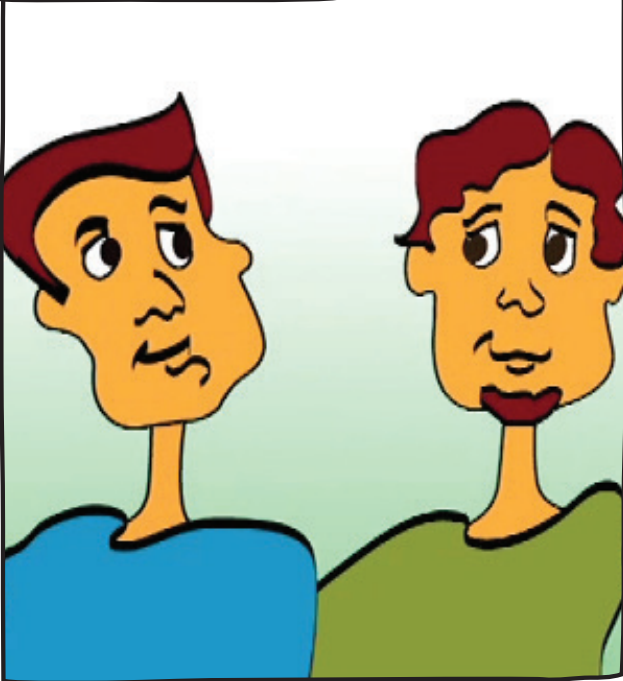


HIV IS TRANSMITTED, OR PASSED, FROM SOMEONE WHO HAS HIV TO SOMEONE WHO DOES NOT HAVE IT.

HIV CAN BE PASSED BETWEEN MEN AND WOMEN...



...BETWEEN MEN...



...AND BETWEEN WOMEN.



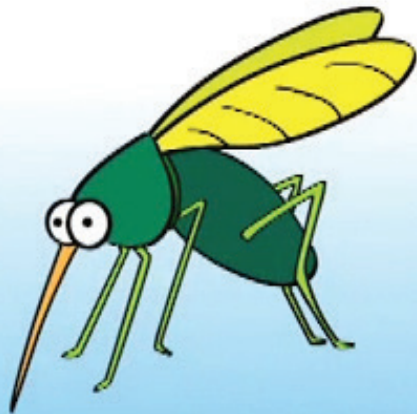
YOU CANNOT GET HIV FROM



Saliva
Sweat
Tears
Urine



YOU CANNOT GET HIV IF SOMEONE WITH HIV
COUGHS OR SNEEZES AROUND YOU.



YOU CANNOT GET HIV FROM
INSECT BITES



YOU CANNOT GET INFECTED WITH HIV THROUGH BITES FROM
MOSQUITOES OR ANY OTHER INSECTS, EVEN IF THEY BITE SOMEONE
WITH HIV AND THEN BITE YOU.

HIV IS NOT TRANSMITTED THROUGH EVERYDAY CONTACT. HUGGING, SHARING A BATHROOM, SHAKING HANDS, SHARING FOOD OR DRINKS...



Everyday contact is safe



YOU CAN GET HIV FROM



*ALSO - YOU CAN GET HIV FROM VAGINAL FLUIDS EVEN IF A WOMAN IS NOT HAVING HER PERIOD.

YOU CAN GET INFECTED WITH HIV THROUGH VAGINAL OR ANAL SEX WITHOUT A CONDOM.





YOU CAN ALSO GET INFECTED WITH HIV WHEN YOU SHARE NEEDLES OR SYRINGES TO INJECT DRUGS, SUCH AS COCAINE, HEROIN, CRYSTAL METH, HORMONES OR STEROIDS.

DANGER
Sharing needles or syringes



THE MORE OFTEN YOU HAVE VAGINAL OR ANAL SEX WITHOUT A CONDOM...

DANGER
Sex without a condom
(vaginal or anal)



... OR SHARE NEEDLES OR SYRINGES, THE GREATER YOUR CHANCES OF GETTING INFECTED WITH HIV.

DANGER

Sharing needles or syringes



BUT REMEMBER, YOU CAN GET INFECTED WITH HIV IF YOU HAVE SEX WITHOUT A CONDOM OR SHARE NEEDLES EVEN JUST ONE TIME.

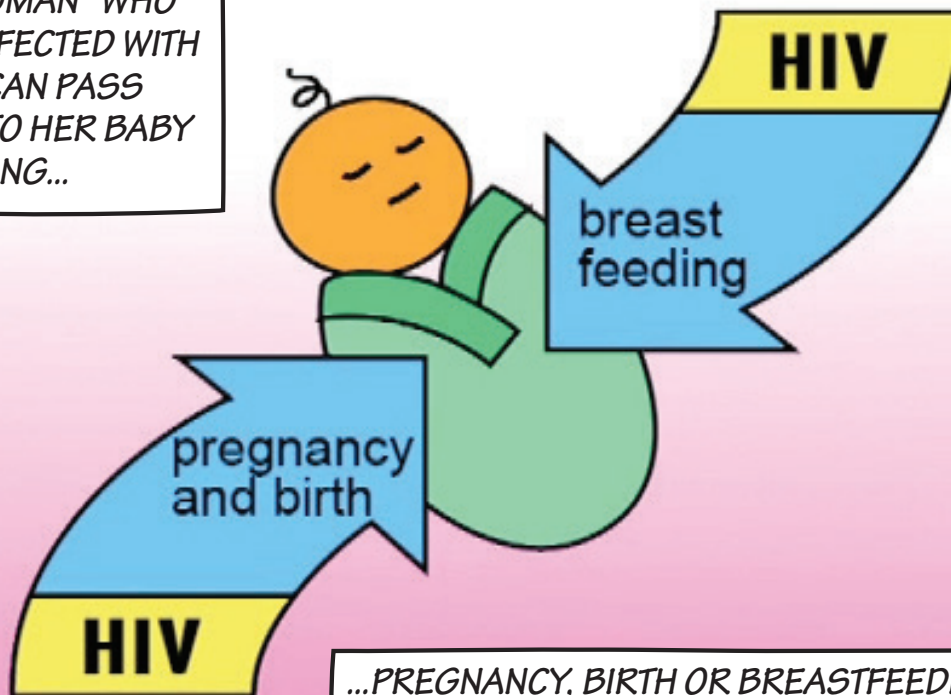
DANGER!

Sex without a condom
(vaginal or anal)

Sharing needles or syringes

Even just ONE time

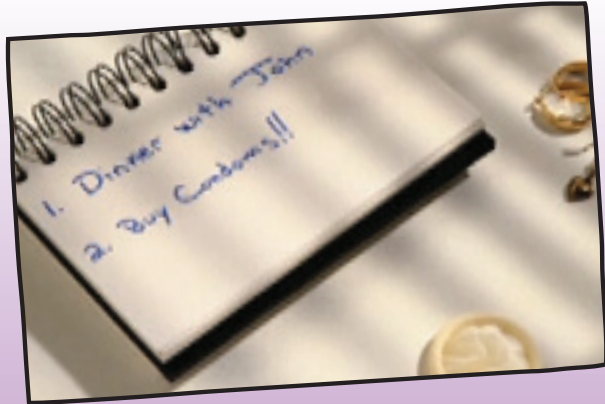
A WOMAN WHO IS INFECTED WITH HIV CAN PASS HIV TO HER BABY DURING...



...PREGNANCY, BIRTH OR BREASTFEEDING.

HIV Infection Can Be Prevented

HIV CAN BE PREVENTED BY USING
CONDOMS DURING SEX ...



...NOT HAVING SEX, OR...



...HAVING FEWER
SEXUAL PARTNERS.



Difficult Situations



THERE ARE SITUATIONS THAT MAKE IT HARD
FOR YOU TO REMEMBER TO USE CONDOMS.
SUCH AS...

...DRINKING ALCOHOL OR USING DRUGS, SELLING OR BUYING SEX,
TAKING DRUGS OR MEDICATIONS THAT ARE SEXUAL STIMULANTS.



SO, REMEMBER TO BE EXTRA CAREFUL DURING THESE TIMES.

Oh, no!
I forgot to use condoms!



I have to tell you something.



BY TALKING TO YOUR SEXUAL PARTNERS ABOUT HIV...

We have to protect ourselves!



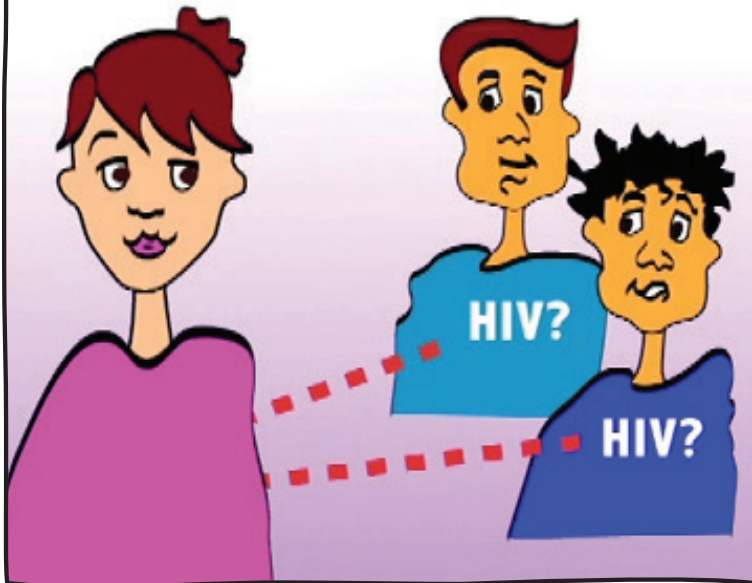
...YOU CAN FIND OUT IF THEY ARE INFECTED OR AT RISK FOR HIV.

HOWEVER, KEEP IN MIND THAT YOUR SEXUAL PARTNERS MIGHT NOT TELL YOU IF THEY HAVE HIV.

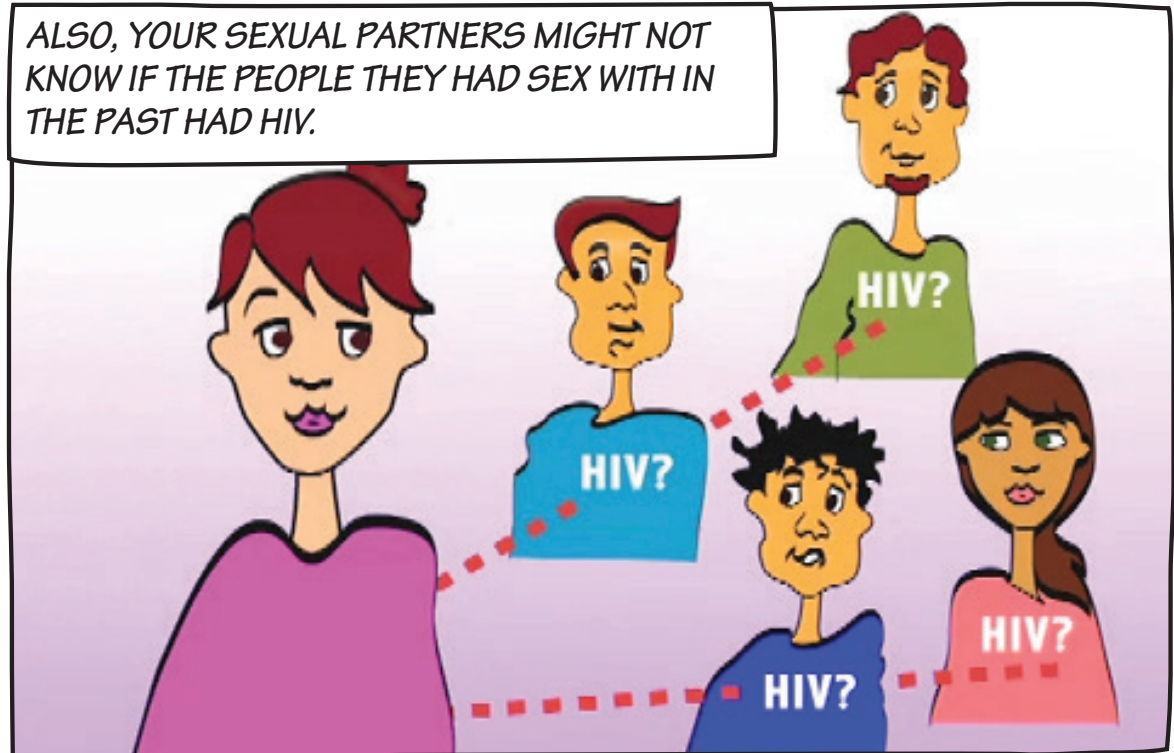
What if my last partner had HIV or AIDS?



OR, YOUR SEXUAL PARTNERS MIGHT NOT KNOW IF THEY HAVE HIV AND THEY MIGHT LOOK COMPLETELY HEALTHY.



ALSO, YOUR SEXUAL PARTNERS MIGHT NOT KNOW IF THE PEOPLE THEY HAD SEX WITH IN THE PAST HAD HIV.



YOU CAN ALSO PREVENT GETTING INFECTED WITH HIV BY NOT INJECTING DRUGS.

HIV Infection
Can Be Prevented



Do not inject drugs

BUT, IF YOU INJECT DRUGS, USE CLEAN NEEDLES OR SYRINGES ...

HIV Infection
Can Be Prevented



Do not inject drugs

...AND NEVER SHARE THEM.

HIV Infection Can Be Prevented



Never share needles or syringes

AS A LAST RESORT, BLEACH MIGHT HELP REMOVE HIV FROM USED NEEDLES AND SYRINGES BEFORE THEY ARE USED AGAIN.



Why should you be tested for HIV?



The only way to know is to be tested



MEDICAL PROFESSIONALS RECOMMEND THAT YOU GET TESTED FOR HIV...



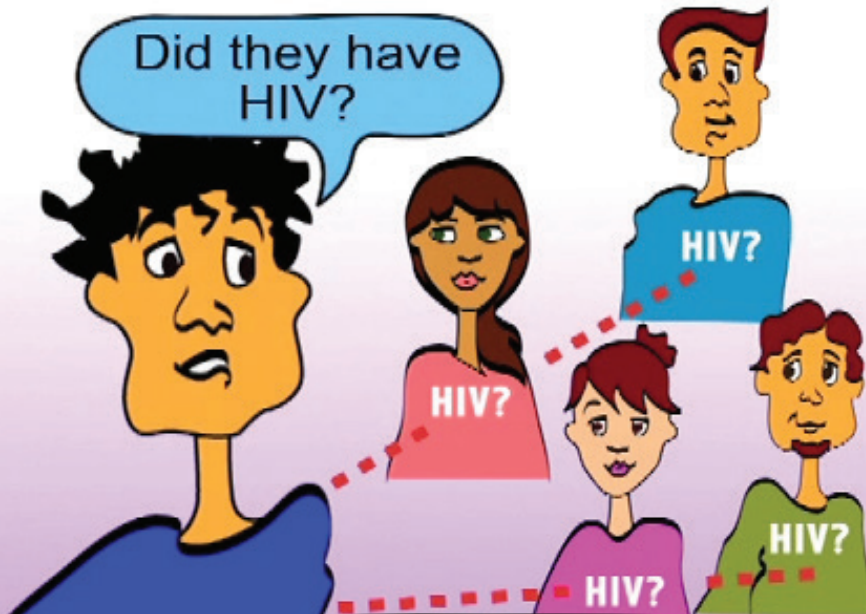
HIV testing
is
recommended

...JUST IN CASE YOU WERE EXPOSED TO HIV AND DO NOT KNOW IT.

Get tested for HIV



Did they have HIV?



ALSO, YOU MAY NOT KNOW IF THE PEOPLE YOU ARE HAVING SEX OR SHARING NEEDLES WITH HAVE HIV...

... OR IF THEY ARE HAVING SEX OR SHARING NEEDLES WITH SOMEONE ELSE.



WHEN HIV IS DIAGNOSED AND TREATED EARLY, YOU CAN WORK TO STAY HEALTHY LONGER.



STAYING HEALTHY CAN HELP YOUR FAMILY AND THOSE WHO DEPEND ON YOU.



Get the medical treatments you need



BY TELLING YOUR DOCTORS THAT YOU HAVE HIV, YOU CAN GET THE MEDICAL TREATMENTS YOU NEED.

Not getting treatment can cause serious health problems



IF YOU ARE PREGNANT AND ARE INFECTED WITH HIV, THERE ARE MEDICATIONS YOU CAN TAKE TO PREVENT YOUR BABY FROM BECOMING INFECTED WITH HIV.



Protect
your baby



Let's have safe sex.



YOU CAN ALSO TAKE STEPS TO PREVENT
INFECTING OTHERS, SUCH AS...

Of course! I only have safe sex.



...USING CONDOMS AND NOT SHARING
NEEDLES OR SYRINGES.



YOU CAN TELL THOSE YOU HAVE HAD SEX WITH OR SHARED NEEDLES OR SYRINGES WITH...



...THAT THEY SHOULD BE TESTED.



IN MOST PLACES, THERE ARE SERVICES TO NOTIFY PARTNERS THAT THEY SHOULD BE TESTED.

LEARNING THAT YOU ARE INFECTED WITH HIV CAN HAVE A STRONG IMPACT ON YOUR LIFE.

KNOWING THAT YOU ARE INFECTED WITH HIV CAN BE STRESSFUL.

STRESS

PEOPLE WHO HAVE FOUND OUT THEY ARE INFECTED WITH HIV CAN FEEL ISOLATED OR ALL ALONE.

FEELING ALONE

ALSO, SOME PEOPLE WITH HIV MIGHT HAVE PROBLEMS WITH MONEY, HEALTH INSURANCE, OR HAVE MORE MEDICAL EXPENSES.

Money or Insurance

PROBLEMS

HOWEVER, THERE ARE MANY RESOURCES TO HELP PEOPLE WITH THESE PROBLEMS.



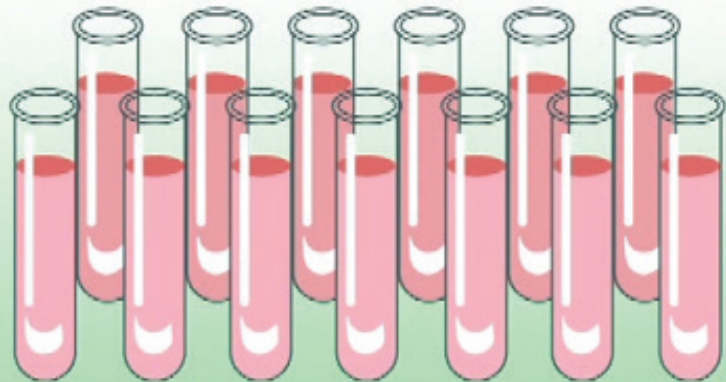
ALTHOUGH SCIENTISTS ARE WORKING ON A VACCINE FOR HIV, THERE IS NO VACCINE THAT IS APPROVED AND READY TO PREVENT HIV, AND THERE STILL IS NO CURE.

There is no
licensed vaccine
and no cure for HIV

BUT, IF YOU HAVE BEEN INFECTED WITH HIV, THERE ARE MEDICAL TREATMENTS AVAILABLE TO HELP YOU LIVE A LONGER AND FULLER LIFE.

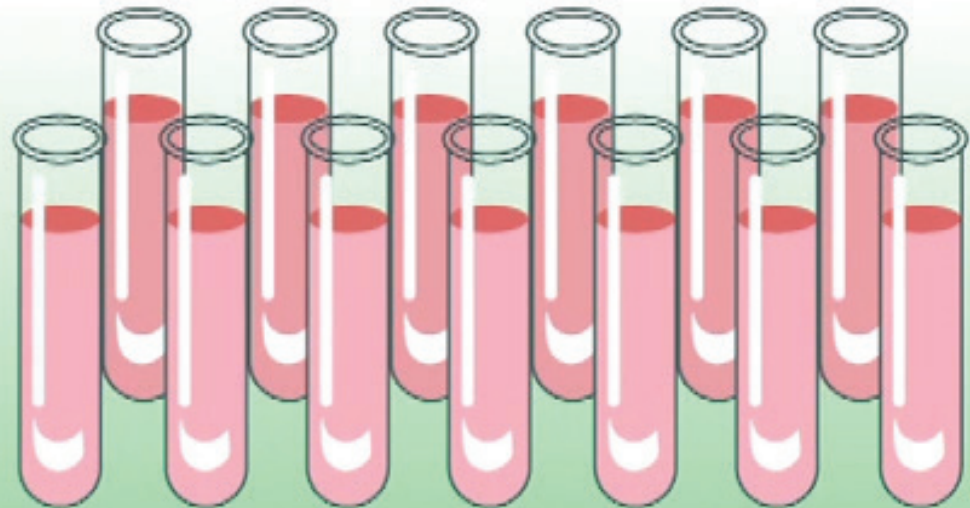


HIV Tests



THERE ARE MANY TESTS FOR HIV.

Type of test depends on your medical
needs and where you are tested



HIV Test



**BLOOD
SAMPLE**



**ORAL FLUID
SAMPLE**

YOU CAN BE TESTED FOR HIV USING A SAMPLE OF YOUR BLOOD OR A SAMPLE OF YOUR ORAL FLUIDS.

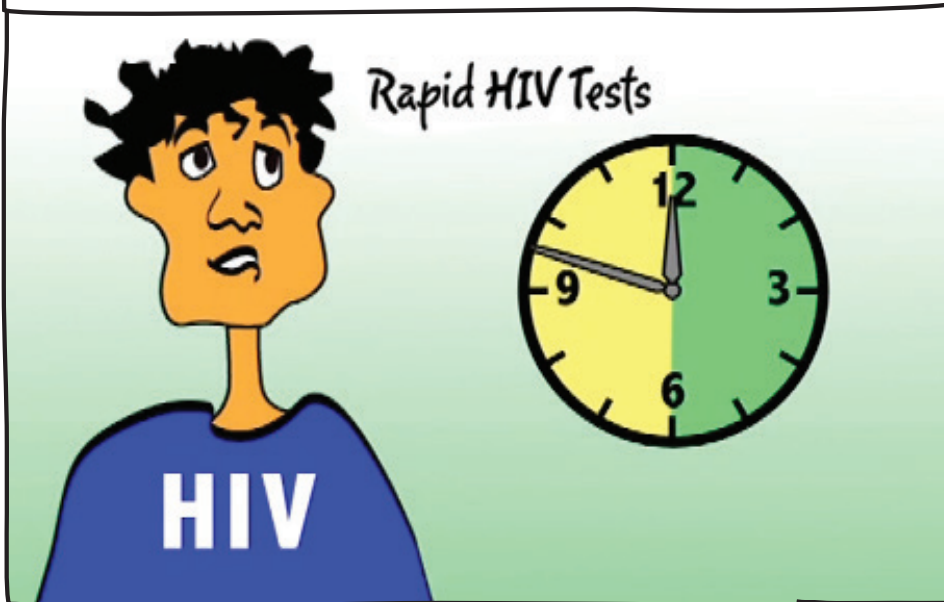
FOR A BLOOD SAMPLE, BLOOD IS TAKEN FROM YOU JUST LIKE IF YOU WERE GETTING ANY OTHER BLOOD TEST... OR WITH A FINGER STICK.



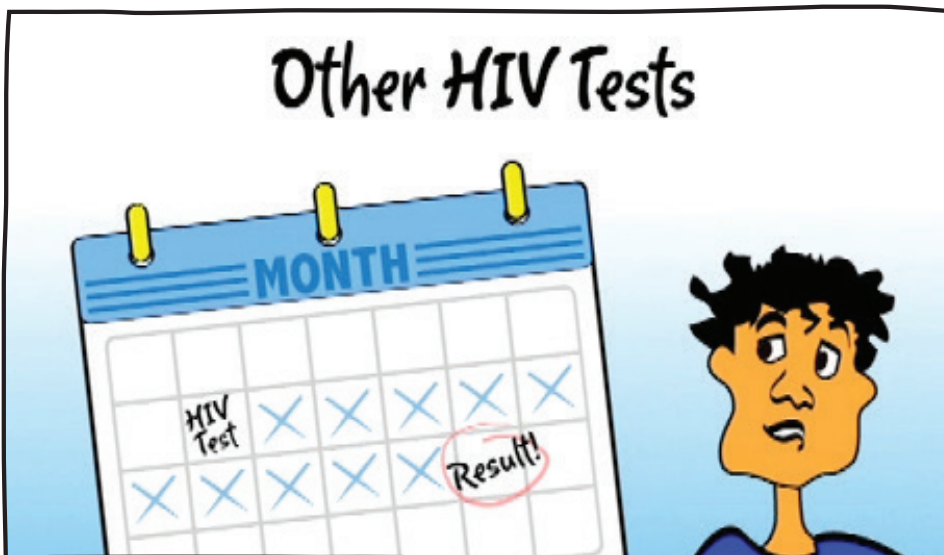
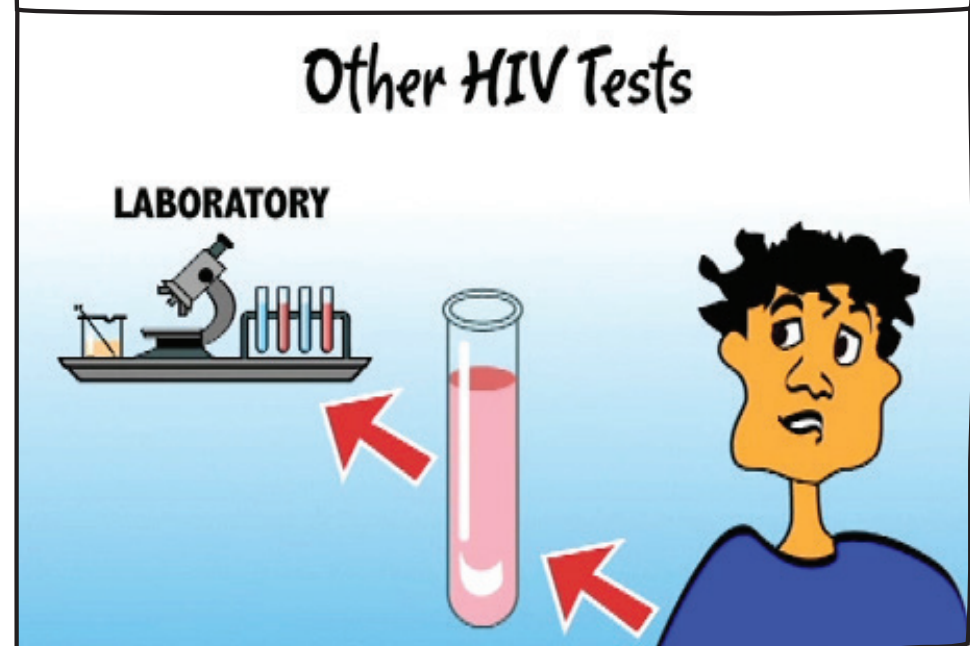
THE ORAL FLUID SAMPLE IS COLLECTED USING A SMALL INSTRUMENT.



FOR SOME HIV TESTS, YOU CAN GET YOUR RESULTS WITHIN A FEW MINUTES. THESE TESTS ARE CALLED RAPID HIV TESTS.



FOR OTHER HIV TESTS, YOUR BLOOD OR ORAL FLUID SAMPLE IS SENT TO A LABORATORY FOR TESTING.

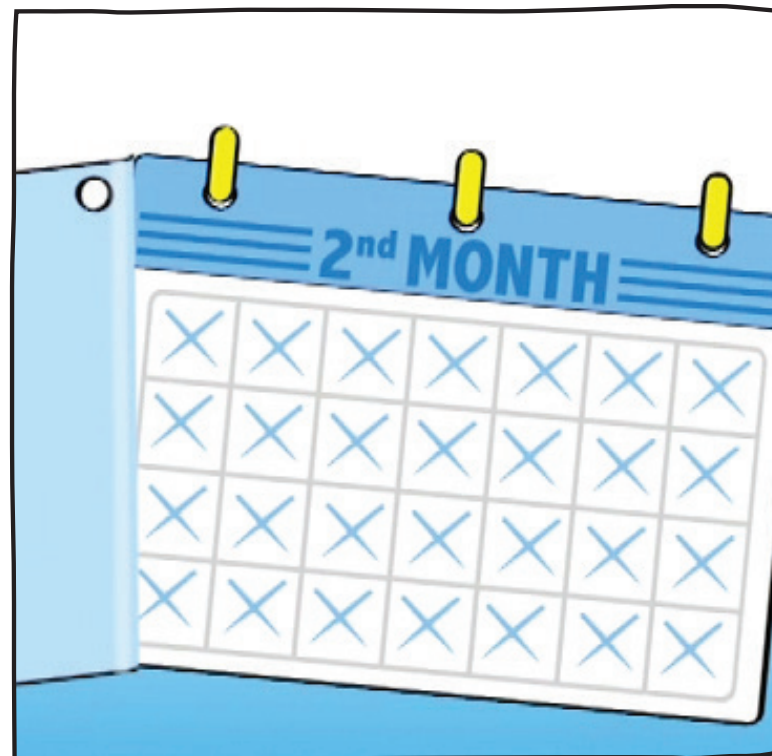


FOR THESE TESTS, YOU MAY NEED TO WAIT 1 TO 2 WEEKS TO GET THE RESULTS. ALSO, YOU MIGHT HAVE TO RETURN TO THE PLACE WHERE YOU GOT TESTED TO GET YOUR RESULTS.

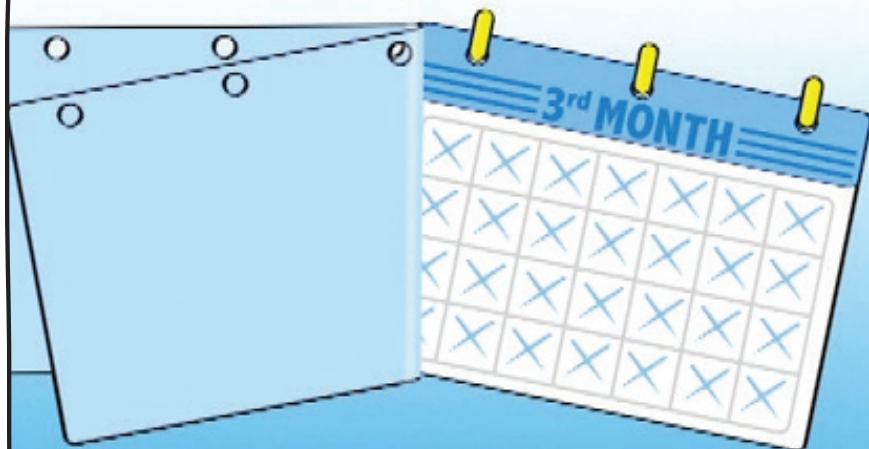


EVEN THOUGH WAITING FOR YOUR RESULTS CAN BE STRESSFUL, IT IS REALLY IMPORTANT THAT YOU GET YOUR RESULTS TO KNOW IF YOU HAVE HIV.

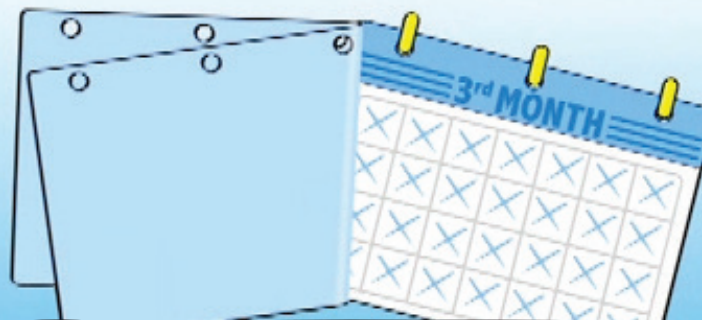
THERE IS SOMETHING ELSE VERY IMPORTANT YOU SHOULD KNOW ABOUT HIV TESTING...



...IT CAN TAKE AN HIV TEST UP TO THREE MONTHS TO DETECT THE PRESENCE OF HIV IN YOUR BODY AFTER YOU BECOME INFECTED WITH THE VIRUS.



This time is known as the Window Period

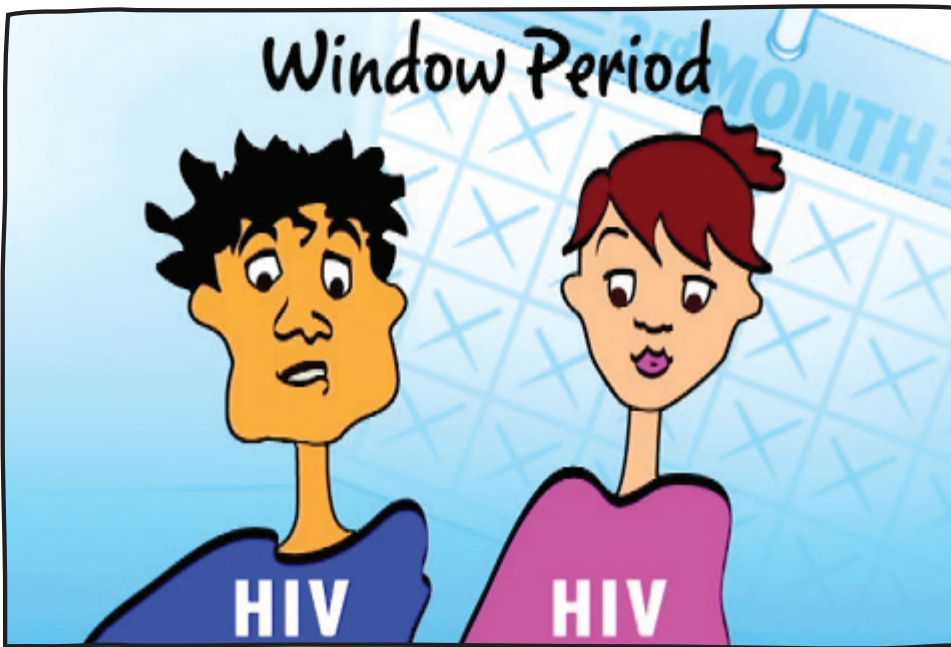


THE TIME IT TAKES THE HIV TEST TO DETECT HIV IN YOUR BODY AFTER YOU BECOME INFECTED IS KNOWN AS THE WINDOW PERIOD.

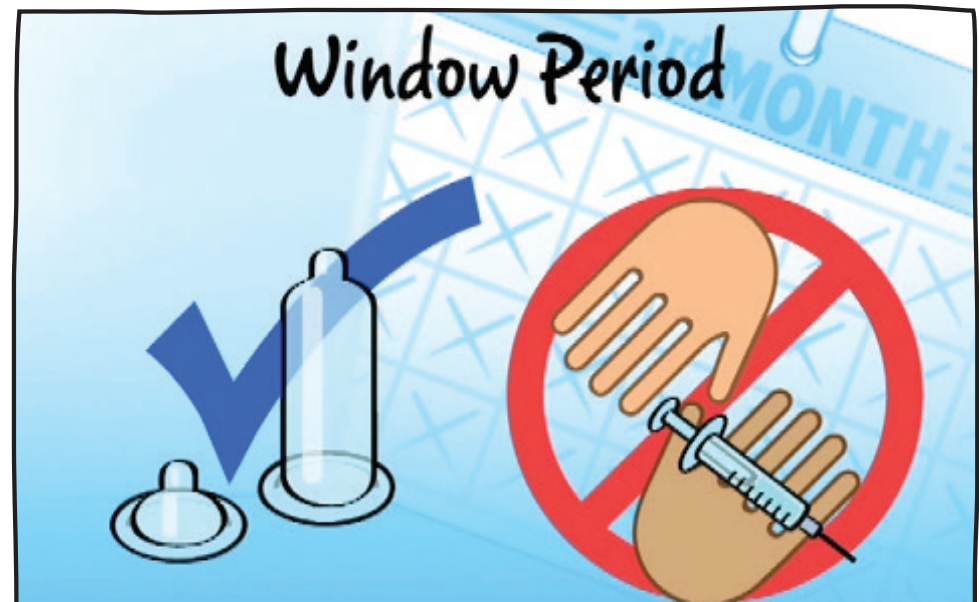
DURING THE WINDOW PERIOD, IT MAY BE TOO SOON FOR THE HIV TEST TO CORRECTLY SHOW THAT YOU HAVE HIV...



...IN OTHER WORDS, IF YOU GET AN HIV TEST DURING THE WINDOW PERIOD, YOUR HIV TEST MIGHT SAY YOU ARE NEGATIVE, EVEN IF YOU ARE INFECTED WITH HIV.



BUT IF YOU ARE INFECTED WITH HIV, YOU CAN TRANSMIT IT TO OTHERS DURING THE WINDOW PERIOD...



...SO, IT IS ESPECIALLY IMPORTANT TO REMEMBER TO USE CONDOMS AND NOT SHARE NEEDLES OR SYRINGES DURING THIS TIME.

FOR THIS REASON, IF IN THE PAST 3 MONTHS YOU DID THINGS THAT COULD PUT YOU AT RISK FOR GETTING INFECTED WITH HIV...

Sex without condoms.

Shared needles or syringes.

Sex with multiple partners.

... YOU MIGHT NEED ANOTHER HIV TEST IN THE FUTURE.

Might need another **HIV** test in the future.

And if I got infected recently?

IN SOME CASES, YOU CAN GET AN EARLY OR SPECIAL TEST...

...TO HELP YOU FIND OUT SOONER IF YOU HAVE HIV.

HIV

Special or early tests for a recent **HIV** infection

THESE SPECIAL OR EARLY TESTS CAN HELP YOU FIND OUT IF YOU HAVE AN "ACUTE HIV INFECTION."

REMEMBER AN ACUTE HIV INFECTION IS THE BODY'S INITIAL REACTION 3 TO 6 WEEKS AFTER BEING INFECTED WITH HIV.

Special or early tests **Acute** **HIV** infection

Acute **HIV** infection



IF YOU THINK YOU GOT INFECTED WITH HIV RECENTLY, AND HAVE SYMPTOMS OR SIGNS OF AN ACUTE HIV INFECTION...



You might need a special test



YOU CAN ASK YOUR HEALTHCARE PROVIDER IF A SPECIAL OR EARLY HIV TEST IS AVAILABLE AND RIGHT FOR YOU.



THERE ARE 2 RESULTS FOR HIV TESTS: NEGATIVE AND POSITIVE.

Possible Test Results



NEGATIVE



POSITIVE

A NEGATIVE TEST RESULT MEANS THAT HIV WAS NOT FOUND IN YOUR BODY.



NEGATIVE

No HIV detected

BUT REMEMBER, BECAUSE OF THE WINDOW PERIOD, IT MAY BE TOO SOON FOR THE TEST TO SHOW IF YOU HAVE HIV.



It may be too soon to detect HIV

SO, YOU MAY NEED ANOTHER HIV TEST IN THE FUTURE.



Retest in 3 months to be sure

OR, TO FIND OUT IF YOU HAVE BEEN INFECTED RECENTLY, YOU MIGHT NEED A SPECIAL OR EARLY TEST FOR AN ACUTE HIV INFECTION.

Positive Result



A POSITIVE HIV TEST RESULT CAN BE PRELIMINARY OR FINAL, DEPENDING UPON WHETHER OR NOT YOU HAD A RAPID HIV TEST.

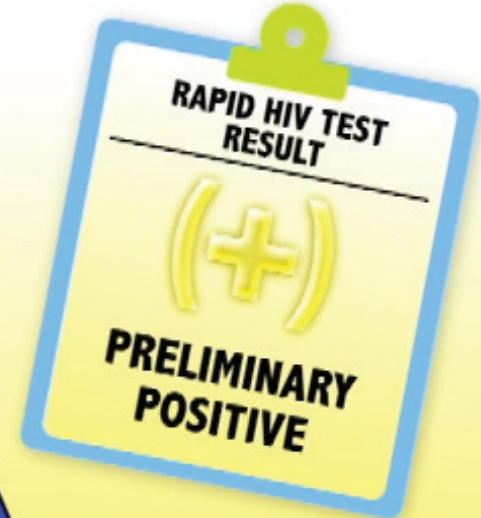
IF YOU RECEIVED A RAPID HIV TEST...

Rapid HIV test results



...AND IF THE RESULT WAS POSITIVE, THIS IS ONLY A PRELIMINARY POSITIVE TEST RESULT.

Could be infected with HIV

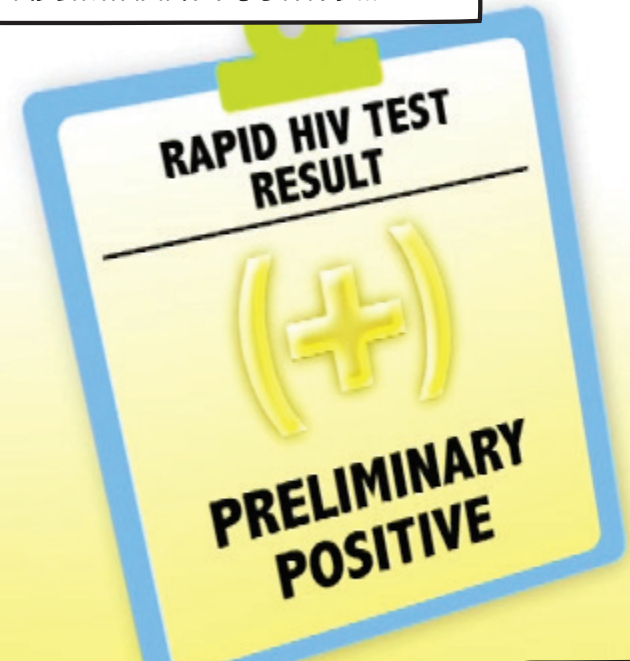


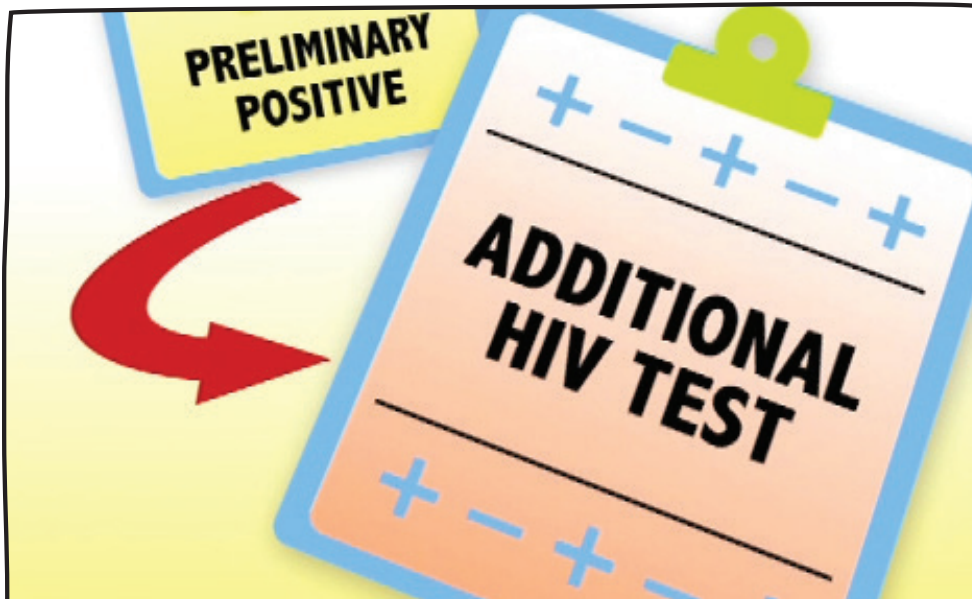
A PRELIMINARY POSITIVE TEST RESULT MEANS THAT YOU COULD BE INFECTED WITH HIV AND COULD INFECTION OTHERS.



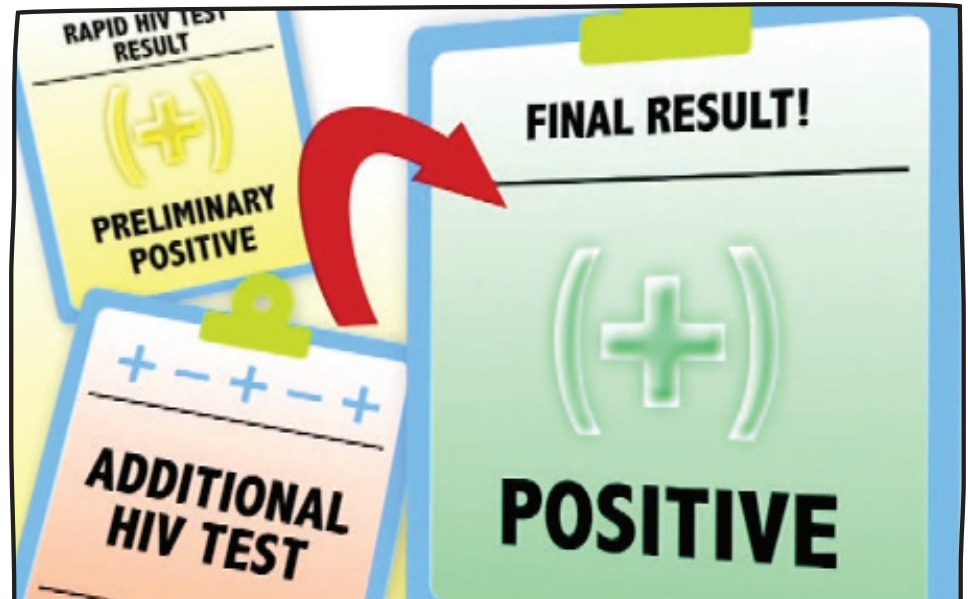
HOWEVER, THIS IS NOT THE FINAL ANSWER.

IF THE RAPID HIV TEST RESULT IS PRELIMINARY POSITIVE...





IT MUST BE CONFIRMED WITH AN ADDITIONAL HIV TEST. THE ADDITIONAL TEST WILL TELL YOU WHETHER OR NOT YOU ARE INFECTED WITH HIV.



IT CAN TAKE A WEEK OR MORE TO GET THE FINAL TEST RESULTS. IT IS VERY IMPORTANT FOR YOU TO GET YOUR FINAL RESULTS SO YOU CAN FIND OUT IF YOU HAVE HIV.

Possible Test Results



FINAL POSITIVE

You have HIV

FOR ALL TYPES OF TESTS, A FINAL POSITIVE TEST RESULT MEANS THAT YOU HAVE HIV.

BUT REMEMBER, THIS MEANS THAT YOU CAN WORK WITH YOUR HEALTH CARE PROVIDER TO GET THE TREATMENT YOU NEED AND TO PREVENT INFECTING OTHERS.



FINAL POSITIVE

Make sure to get treatment

YOUR HIV TEST RESULTS WILL BE EXPLAINED TO YOU.

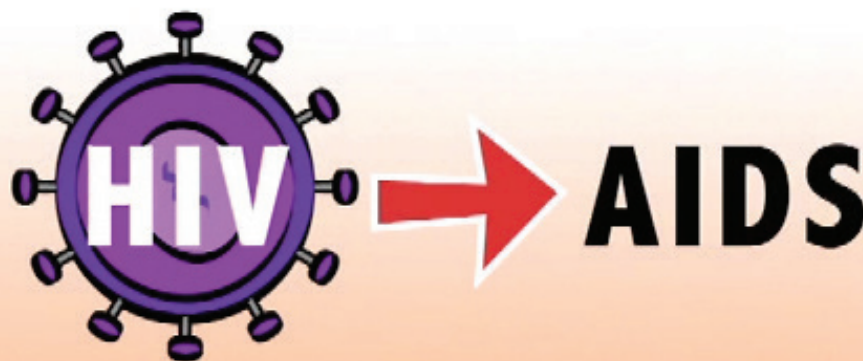



FEELE FREE TO ASK QUESTIONS IF YOU DO NOT UNDERSTAND YOUR TEST RESULTS.



HERE ARE A FEW POINTS TO REMEMBER:

- ✓ HIV is the virus that causes AIDS
- ✓ HIV can be passed through sex without a condom or by sharing needles or syringes





HIV can be prevented by:

- ✓ Using condoms
- ✓ Not having sex
- ✓ Using clean needles and syringes or not sharing them
- ✓ Not injecting drugs

HIV Infection Can Be Prevented



Use condoms or do not have sex

HIV Infection Can Be Prevented

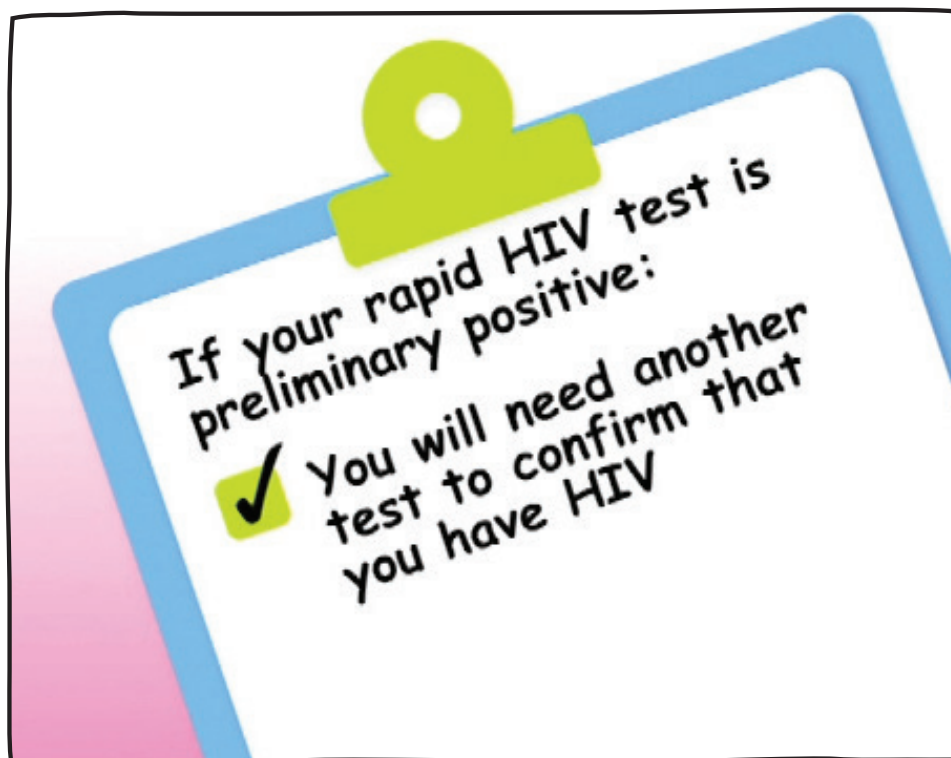
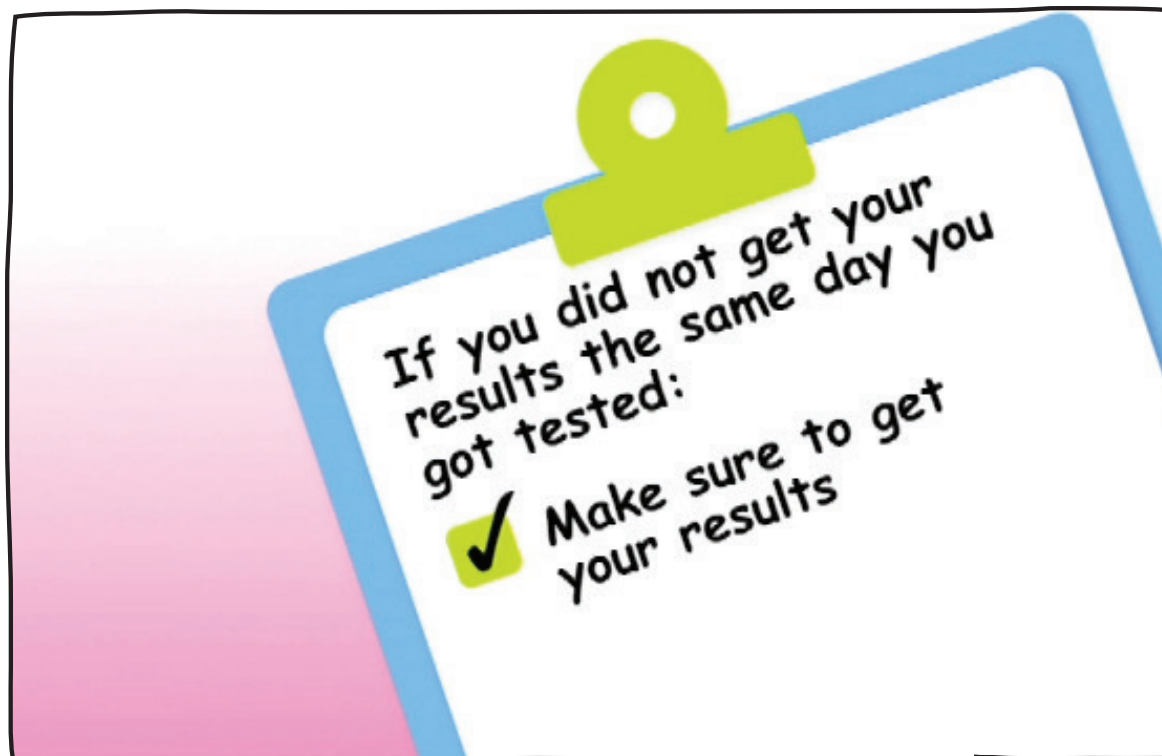


Do not inject drugs

HIV Infection Can Be Prevented



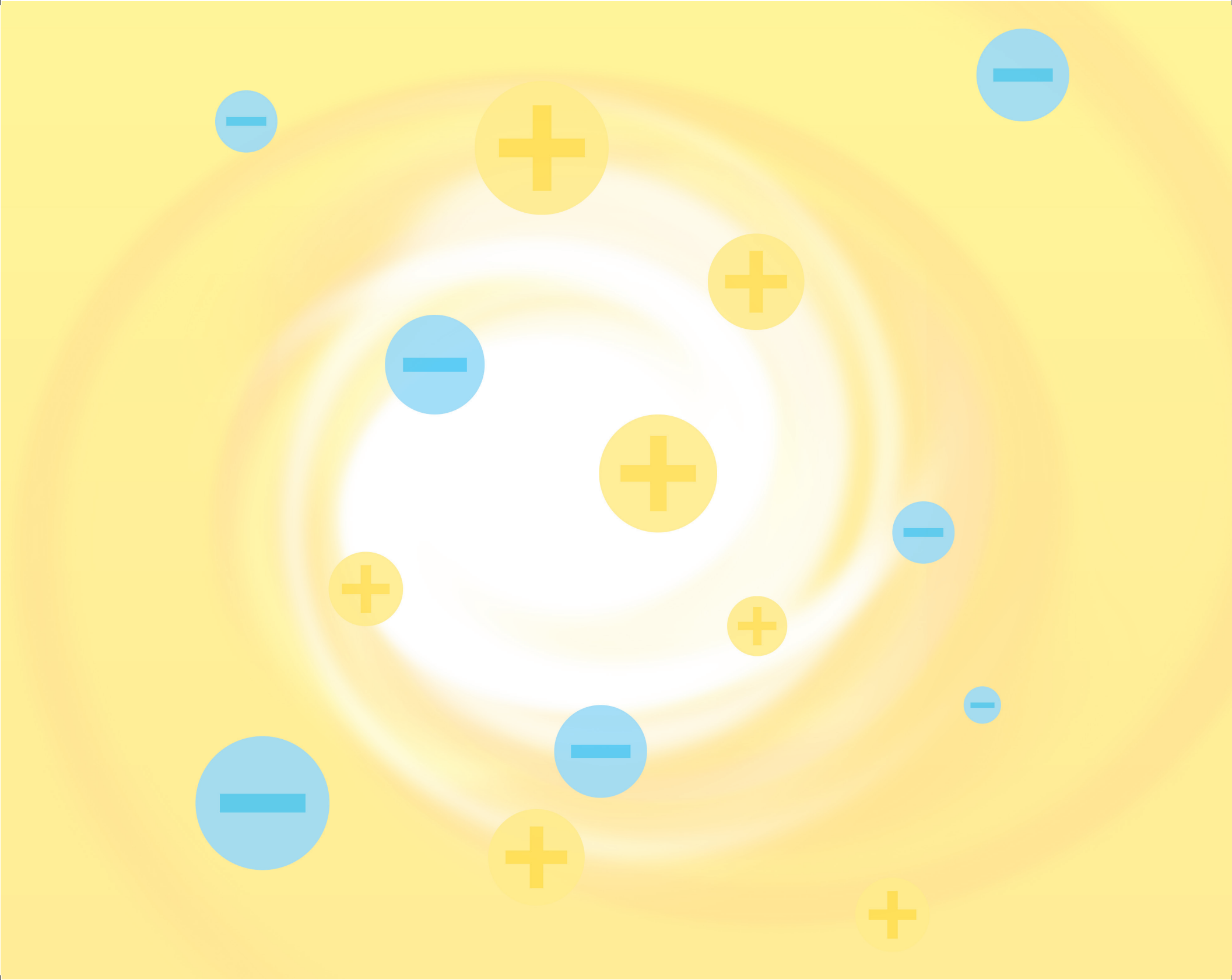
Never share needles or syringes





FOR MORE INFORMATION CONTACT:

- **HIV TEST COUNSELOR**
- **HEALTH CARE PROVIDER**
- **LOCAL OR NATIONAL HEALTH AGENCY**



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VIDA/SIDA
PUERTO RICAN CULTURAL CENTER
CHICAGO, IL

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ENFERMEDADES DE TRANSMISIÓN SEXUAL
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RHODE ISLAND HOSPITAL
EMERGENCY DEPARTMENT AND AMBULATORY
CARE CLINIC
PROVIDENCE, RI

BEAT AIDS
SAN ANTONIO, TX

HOPE ACTION CARE
SAN ANTONIO, TX

SAN ANTONIO AIDS FOUNDATION
SAN ANTONIO, TX

DISCLAIMER

USE OF THIS BROCHURE IS AUTHORIZED FOR CLINICAL FACILITIES, HEALTHCARE PROFESSIONALS, THOSE INVOLVED IN PROVIDING OR ADMINISTERING HIV TESTING, AND FOR USE BY INDIVIDUALS WHO WOULD LIKE TO USE IT FOR EDUCATIONAL PURPOSES. COMMERCIAL USE OR ALTERATION OF THE BROCHURE IS NOT PERMITTED. THE BROCHURE IS INTENDED SOLELY FOR EDUCATIONAL PURPOSES AND IS NOT MEANT TO PROVIDE DEFINITIVE INFORMATION ABOUT THE DIAGNOSIS OR TREATMENT OF HIV OR AIDS.



Be Smart.

**Get Tested
for HIV!**

