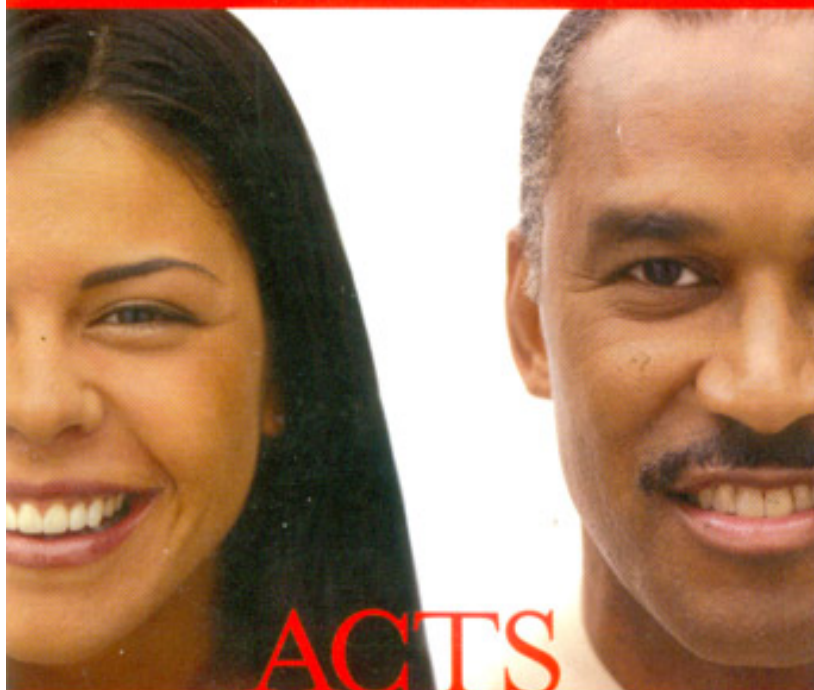




HIV
TESTING IS FOR
EVERYONE



ACTS
GET TESTED. ACT TODAY.

Four steps to getting an HIV test: **A.C.T.S.**

A Ask about testing.

Most of the time, you will be able to get tested on the same day you ask.

C Consent to the test.

Giving your consent means you agree to have the test done.

T Take the Test.

An HIV test is quick and simple. You will either need to give blood or keep a swab in your mouth for a few minutes.

S Stay or come back for results.

If you don't find out your results, you can't take control and learn how to keep yourself healthy. Usually your results are ready in a week but with rapid tests, you can find out in minutes.

What should I do if I test negative?

A negative test means that you are not infected with HIV.

- Learn how to stay negative and prevent HIV.
- Ask your doctor if you need to re-test or take a special test if you were recently exposed.

What should I do if I test positive?

A positive test means that you are infected with HIV.

- You are not alone. There is care and support available that can help you lead a long and healthy life.
- New medicines are more powerful and easier to take than ever. You will work with your health care team to decide your best treatment plan.
- HIV can be transmitted through sex and blood. Choose the best way you can protect your partner(s) from HIV and stick with it. If you are pregnant, ask about medicines to protect your baby from getting HIV.
- If you feel safe, tell your partner(s) you are HIV-positive and encourage them to get tested.

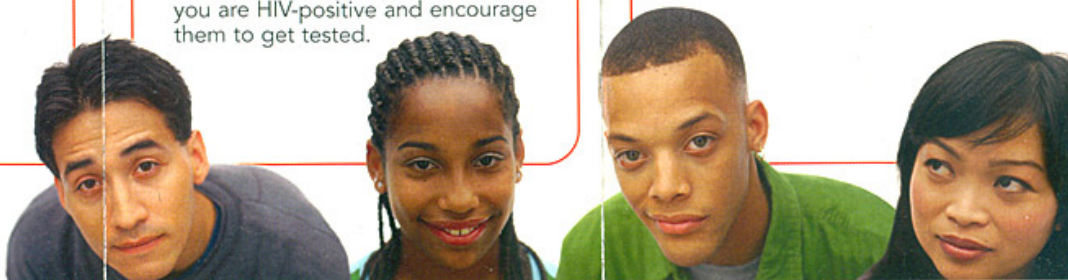
How can I prevent HIV?

1. Choose not to have sex (abstain).
2. Be faithful to one person (after getting tested together).
3. Reduce your number of sex partners if you have several.
4. Use a condom each and every time you have vaginal or anal sex.
5. Do not share needles and works.
6. Get tested for HIV and other STDs, and ask your partners to do the same.

Will anyone else know the results?

HIV testing is confidential.

This means that only you and your health care team know you took the test. Your HIV test results and medical records are protected by privacy laws. Positive tests are reported to the health department but they also protect your name.



An HIV test...

- Tells you if you have been infected with HIV.
- Comes in several different types: blood, oral and a new rapid test. All are equally accurate.
- Tests for antibodies your body makes to fight off HIV infection.
- Is confidential and private.
- Is available to young people without parental permission.

What is HIV?

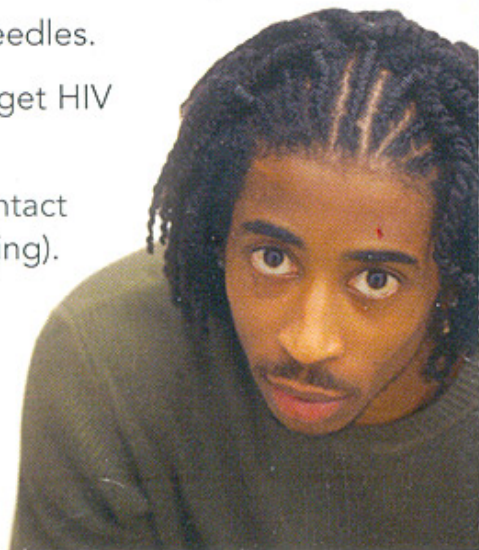
HIV is a virus that harms the body's immune system, making it unable to fight off infections. HIV is the virus that causes AIDS. HIV lives in blood and body fluids like semen, vaginal fluids and breast milk.

You can get HIV from:

- Having sex without using condoms.
- Sharing needles.

You cannot get HIV from:

- Casual contact (like hugging).



The CDC now recommends that HIV testing should be a routine part of everyone's medical care.

With advances in testing and treatment, it has never been easier to get tested. Some people don't get tested because it makes them embarrassed, nervous or they don't think getting infected could happen to them. Others wait until their doctor recommends it.

In this day and age, anyone who has ever had sex should get tested.

An HIV test gives you power!

If you're HIV-positive, there are treatments you can take to stay healthy.

If you're HIV negative, finding out can be a relief, plus you can learn how to stay negative.

Get tested! ACT today!