

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 it could happen to them. Also, 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 are HIV-negative, finding out can be a relief plus you can learn how to stay negative.

Get Tested! ACT Today!

Talk to your doctor or call **1-800-342-AIDS**.

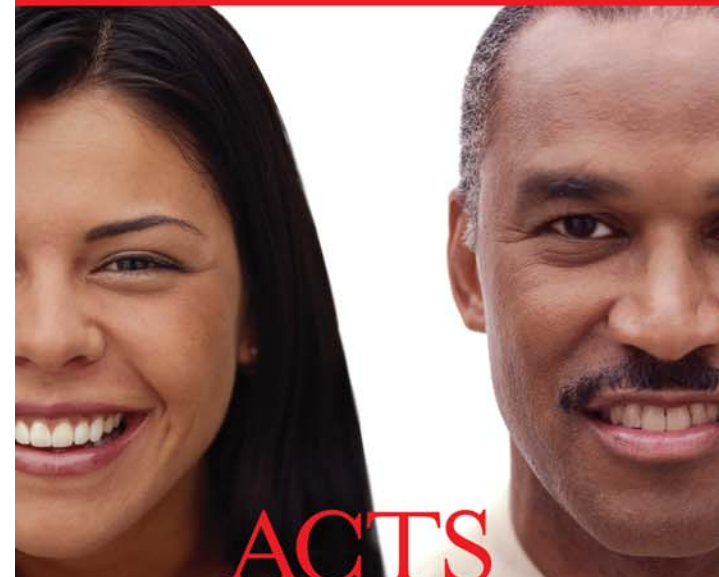
For ordering or information contact:

ACTS

Adolescent AIDS Program
Montefiore Medical Center
111 East 210 Street, Bronx, NY 10467
718-882-0232 • www.adolescentaids.org



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.

Signing a consent form means you understand what an HIV test is and you agree to have the test done. This step protects your privacy.

T Take the Test.

An HIV test is quick and simple to do. Depending on what type of test your health center offers, you will need to give blood or keep a swab in your mouth for two 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 a new rapid test, you can find out in 30 minutes.

Will anyone else know the results?

All HIV testing is **confidential**.

This means that you and your doctor are the only people who know you took the test. Positive tests are reported to the health department which keeps a confidential list.

Anonymous testing (where your name is not used) is available.

To locate an anonymous testing site, call **1-800-342-AIDS**.

What should I do if I test negative?

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

- Learn how to **prevent HIV** and stay negative.
- Ask your doctor if you need to re-test.

What should I do if I test positive?

A positive test means that you are infected with HIV.

If you are HIV-positive:

- Treatments for HIV can help you lead a long and healthy life.

- There are services and support available.
- You and your doctor will come up with a treatment plan. You will take tests that will measure the health of your body's immune system and the amount of virus in your blood. This will help your doctor decide when you will need to start medications.
- You will need to take steps to make sure you don't pass HIV to others (practicing safer sex, taking HIV medicines if you are pregnant, and telling your sex partners).

How to prevent HIV

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

