

## Who should be tested:

- Everyone at least once
- High risk individuals
  - Men who have sex with men
  - Drug users
  - Anyone who has had a sexually transmitted infection
  - Anyone starting a new relationship
  - Anyone who has had sex with those above

## What to expect at your HIV test appointment:

- ✓ Confidential or anonymous testing in a private room
- ✓ Your client rights will be reviewed
- ✓ The HIV testing procedure will be reviewed
- ✓ You will have an opportunity to ask about the HIV test, test results, HIV infection and safe sex practices
- ✓ A quick finger poke to collect blood sample
- ✓ The HIV results are received within 30 minutes



## Ask about PrEP & PEP



PrEP is a prevention method in which **high risk people who do not have HIV infection take a pill daily to reduce their risk** of becoming infected.

PEP involves taking anti-HIV drugs **as soon as possible** after a potential exposure



to prevent HIV infections.

## Call your local health department office for more information or an appointment:

Alpena: 989-356-4507

Cheboygan: 231-627-8850

Atlanta: 989-785-4428

Rogers City: 989-734-4723

1-800-221-0294

[dhd4.org](http://dhd4.org)



## District Health Department #4



# Know for Sure. Get Tested.



## FREE Rapid HIV Testing

Walk-ins and same day results in 20 minutes are now available

## People just like you get tested every day.

### Anyone could get infected with HIV.

A person with HIV can look and feel healthy and still infect others. Anyone who ever had sex without a condom might have been exposed to HIV. The same is true of anyone who ever injected or used drugs. Often, a person with HIV doesn't appear to be sick.

### HIV affects men and women of all ages and all types of relationships.

We can't know everything about our partners. Some people don't know they have HIV. Others think they were tested when they really weren't.

And partners don't always tell everything. They may have had sex with other people, or used drugs. For these reasons,

it's best for everyone to have an HIV test. Ask your partner to get tested too.



### Everyone benefits from HIV testing.

No matter what, you're better off knowing if you have HIV or not. If you find out you don't have HIV, you won't have to wonder if you ever got infected in the past. And you can make sure you don't get HIV in the future.

## Testing is an important step toward staying healthy.

### Make HIV testing routine.

Like high blood pressure, HIV might not make you feel sick at first. So you might not know you have it. But if you wait too long for treatment, things could get much worse. HIV causes AIDS, which could make you more likely to get serious infections and some cancers.

### Knowing if you have HIV is very important if you're planning a family.

A woman with HIV can pass it on to her baby during pregnancy, labor or breastfeeding. Treatment could keep this from happening. Both women and men should be tested for their own sake, and for the sake of their future children.

### Knowing your HIV status early can make all the difference.

Remember, doctors and nurses who care for you want you to stay healthy.

### Individuals that are at higher risk of getting HIV:

- Men who have sex with men
- Drug users
- Anyone who has had a sexually transmitted infection
- Anyone who has sex with those above



### The Alere rapid HIV test

You can know if you are infected 14-15 days after exposure and the test may also tell you what stage of HIV infection you are in for the best possible treatment and prevention options.

### Most people test "negative" for HIV.

This means that you don't have HIV. But if your test results are "positive", early HIV treatment could help you live a longer, healthier life.

### If your HIV test result is positive, doctors can help you.

Even if you don't feel sick, you can get regular check-ups and treatment to help you live a longer, healthier life. And you can take care not to pass HIV to your partner, spouse or baby.

