

Other good reasons to get tested for HIV

If you learn you have HIV, you can:

- Learn how to avoid passing HIV to others.
- Learn how to protect yourself from sexually transmitted diseases (STDs) like herpes, syphilis, or chlamydia — and other diseases that may harm your health.

Everyone should know their status

HIV testing should be part of a regular check-up if you are between the ages of 13-64.

You should also be tested if you have ever:

- Had sex without using a latex male condom or female condom, especially with someone who has ever used or abused drugs.
- Had an STD.
- Had many sex partners.
- Shared needles or works to shoot drugs (even vitamins, insulin, or steroids).
- Shared needles for tattooing or piercing.



To learn more about the HIV test, call the NYS HIV/AIDS Hotline

English: 1-800-541-AIDS
1-800-541-2437

New York City
HIV/AIDS Hotline: 1-800-698-0411

To learn about free, anonymous HIV counseling & testing in your region:

Albany: 1-800-962-5065
Buffalo: 1-800-962-5064
Long Island-Nassau/Suffolk: 1-800-462-6786
New Rochelle: 1-800-828-0064
Rochester: 1-800-962-5063
Rochester Area Only TDD Line: 1-716-423-8120
Syracuse: 1-800-562-9423

Find free, anonymous HIV counseling and testing sites near you online:

www.health.state.ny.us/diseases/aids/testing/directory/anonct.htm



New York State
Department of Health

REASONS
to get an
HIV
TEST



2 good reasons to get an HIV test

1. If you have HIV, you can get treatment that may help you live a longer, healthier life.
2. If you do not have HIV, you can learn how to stay that way.

What is an HIV test?

It's a test that tells you if you have HIV, the virus that causes AIDS.

People with HIV may have been infected for many years but did not know it because they had no symptoms and were not tested.

There is medicine that can help people with HIV stay healthy longer, but there's still no vaccine or cure for HIV.

Getting tested is the only way to know for sure if you have HIV.



If you are pregnant or planning to get pregnant, get an HIV test

A pregnant woman with HIV can pass the virus to her baby during pregnancy, birth and breastfeeding. All women should be tested for HIV as early in their pregnancy as possible. The sooner you are tested and learn if you have HIV, the sooner you can start medicines that may help you stay healthy and greatly lower the chance of passing HIV to your baby.

How do you get tested? It's easy...

There are many places to get tested, including most clinics and local health departments, or you can also ask your doctor for an HIV test.

Some places give the test for free and some do not require you to give your name.

There are different types of HIV tests:

- Rapid tests that take between 10 and 40 minutes for results use only a drop of blood or some fluid from your mouth.
- A blood sample from your arm or some fluid from your mouth can be used for HIV tests done in a lab.

To access testing, please refer to the toll free hotline numbers listed in this brochure.

Who sees your test results?

- You and your doctor or health care provider see your results.
- Results from a confidential HIV test become a part of your private medical record.
- If you test positive, your result will be reported to the State Health Department. This report is completely confidential. It is used to help track the number of HIV/AIDS cases in the state to best plan programs to prevent HIV.
- Some places offer "Anonymous" tests that have no name attached to the test result; only the person tested and the person running the test see the results

Help stop the spread of HIV

- Get tested and ask your partners to be tested.
- If you learn you have HIV, your spouse and anyone you have had sex or shared needles with should know they are at risk of infection and that they need to get tested. Your doctor or a health department counselor can help you plan to let these partners know. If you want, they can tell your partners for you without ever saying your name or anything else about you.
- Don't share needles or works to shoot drugs, including vitamins, insulin or steroids.
- Use a latex condom every time you have sex, especially if you are not sure if you or your partner has HIV. If you have had sex, get checked and treated for STDs.