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Take the Time. Take the Test. **Take Charge.**

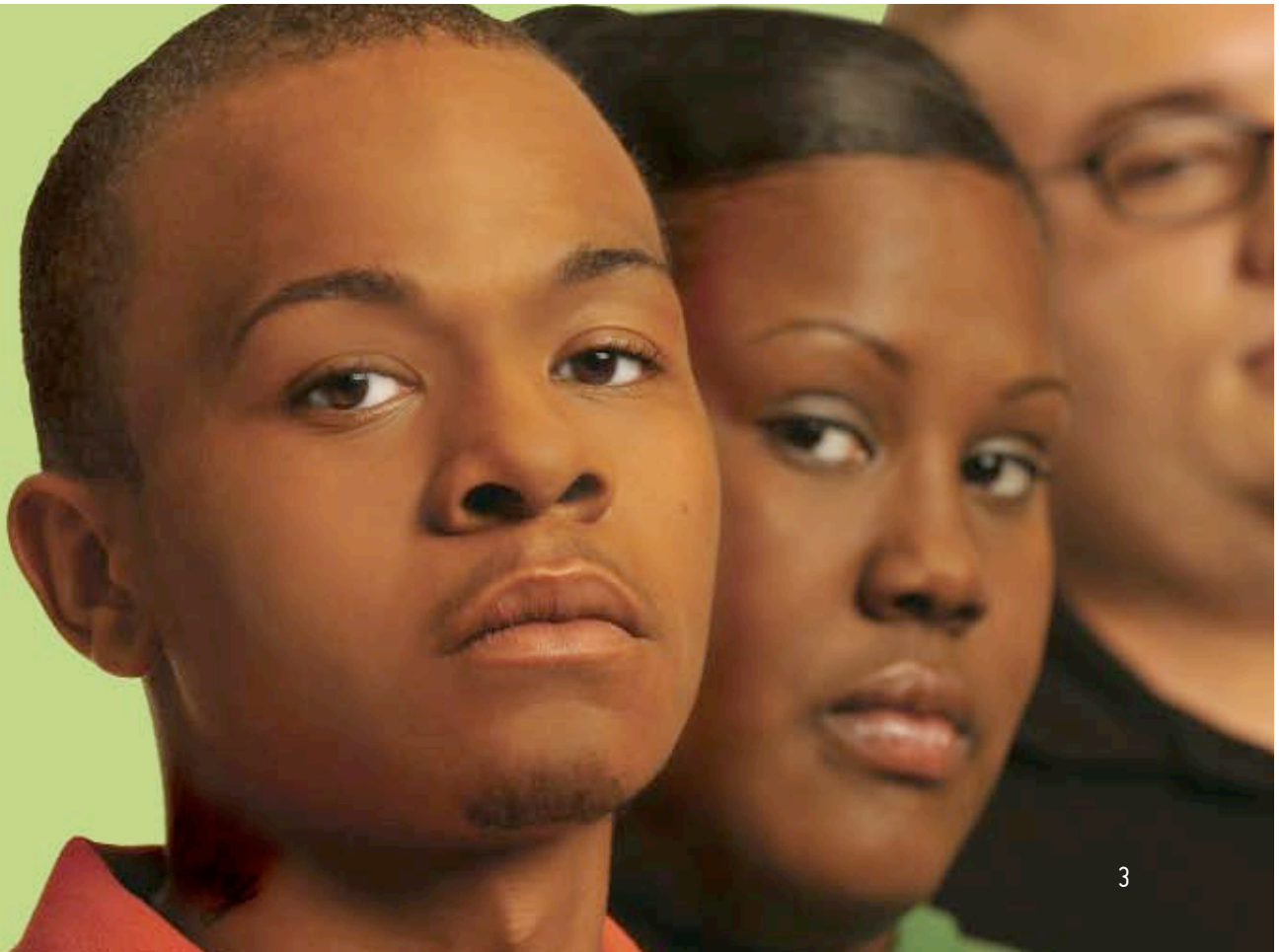
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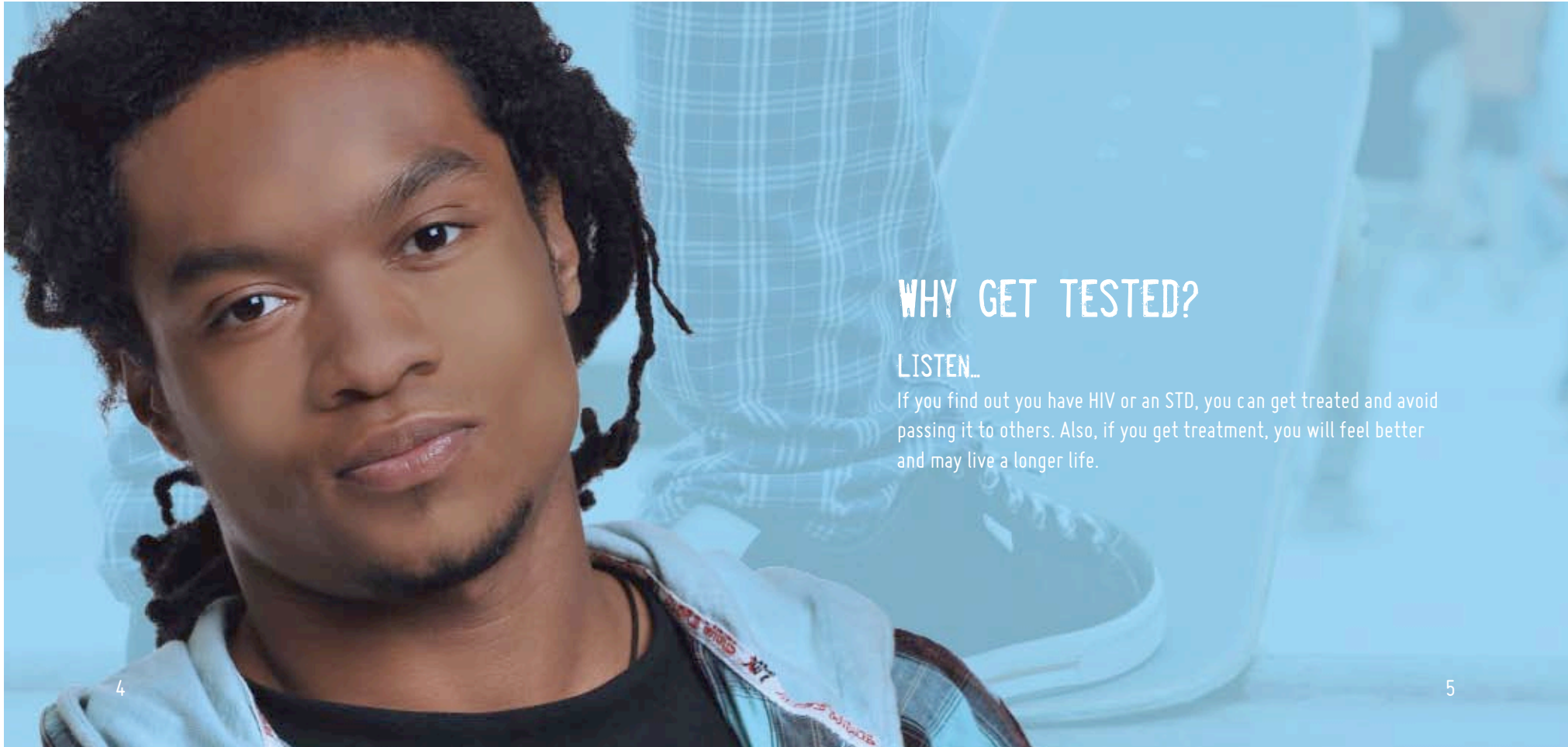
OUR GENERATION...

has never known a world without HIV/ AIDS and sexually transmitted diseases (STDs).

The only way to know for sure if you have HIV or another STD is to get tested. And the sooner you get tested, the sooner you can get treatment, prevent the spread to others, and take charge...So you can live a long life!

This brochure answers questions about getting tested for HIV and other STDs. These questions are often asked by people our age and the answers will help you take the time, take the test and take charge.





WHY GET TESTED?

LISTEN...

If you find out you have HIV or an STD, you can get treated and avoid passing it to others. Also, if you get treatment, you will feel better and may live a longer life.



WHY GET TREATMENT?

IT'S LIKE THIS...

some STDs can be cured and go away (like gonorrhea and chlamydia). Other STDs (like herpes and genital warts) can't be cured but... treatment can help the symptoms go away and lower the chance of passing them on to someone else. There is no cure for HIV. Once you have it, you will always have it and can pass it on to others. Without treatment, STDs and HIV can lead to health problems such as not being able to get pregnant, brain damage, heart disease, cancer and even death. Bottom line, having an STD and/or HIV and not getting treated can get in the way of what you want to do with your life.

HOW DO YOU GET AN STD?

EASY...

STDs, like HIV, are spread from person to person during sex. Anyone who's had sex — vaginal, anal or oral sex — without using a condom could get HIV or an STD. Every two minutes a young person is infected with an STD. There are about 250,000 young people infected with HIV in this country who don't know it!

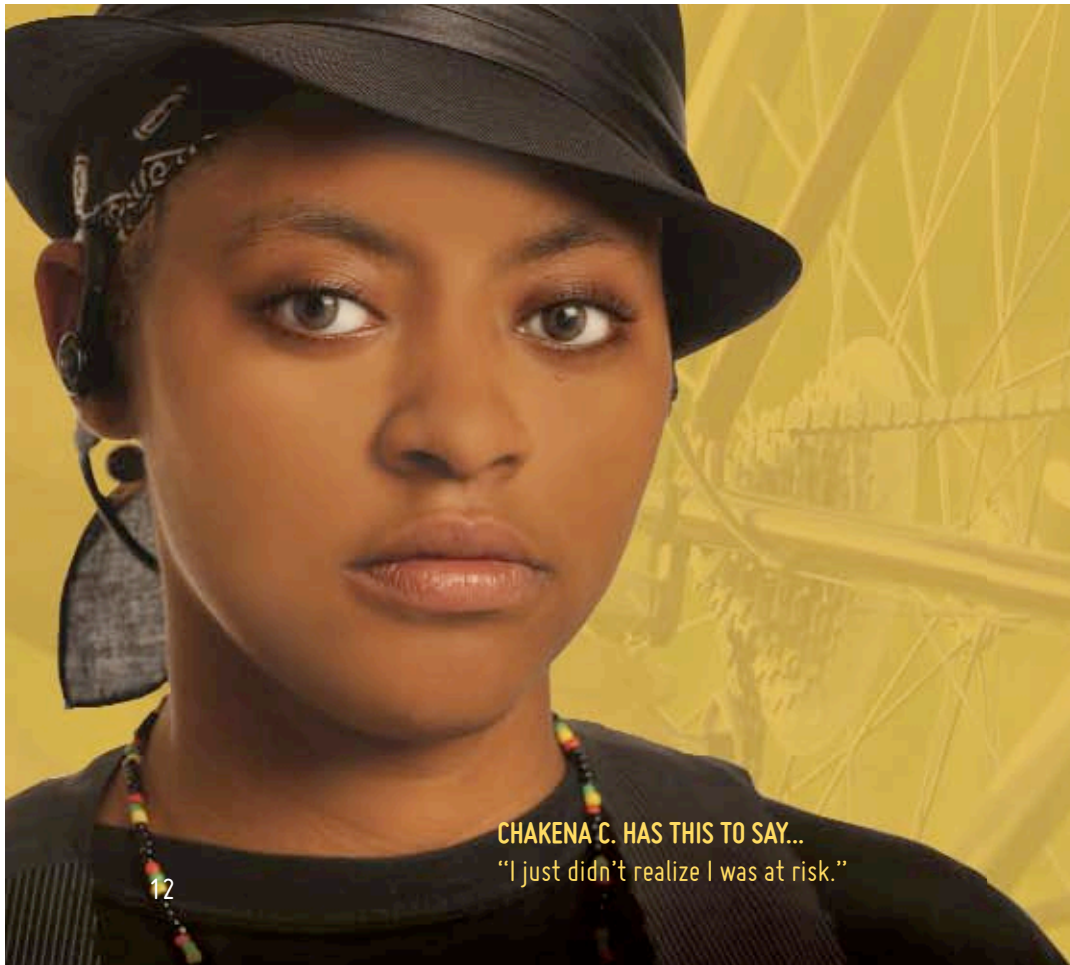




CAN YOU GET HIV AND STDS THROUGH ORAL SEX?

GET THIS...

HIV and STDs can be passed through oral sex, anal sex and vaginal sex.




CHAKENA C. HAS THIS TO SAY...
"I just didn't realize I was at risk."

IS IT POSSIBLE TO HAVE MORE THAN 1 STD AT A TIME?


CHECK THIS...

And, if you have another STD, it's easier to get infected with HIV the virus that causes AIDS. And, if you have HIV, it's easier to get another STD. You can also get the same STD again, even if you had it before and it was cured.

A young Black man with a short beard and mustache is looking directly at the camera with a neutral expression. He is wearing a dark green or olive-colored shirt. The background is a gymnasium with a basketball hoop and backboard visible on the left, and a wooden floor with a metal railing in the distance. The lighting is warm and indoor.

WON'T I KNOW IF I HAVE HIV OR ANOTHER STD?

No, not without getting tested. Many people who have HIV or another STD have no signs or symptoms and you can't tell by looking at someone if s/he has an STD. Hey...only the **TEST** will tell you for sure!



HOW DO YOU KNOW SOMEONE HAS HIV BEFORE YOU HAVE SEX WITH THEM?

LOOK AT IT THIS WAY...

You can't tell by looking at someone whether he or she has HIV. You need to ask them! If they don't tell you, you won't know. Also, he or she may not know if they have it themselves.

CHECK THIS...

Everyone should use condoms every time to protect against HIV infection!

MAX HAS THIS TO SAY...
"Ask your partner to get tested too."



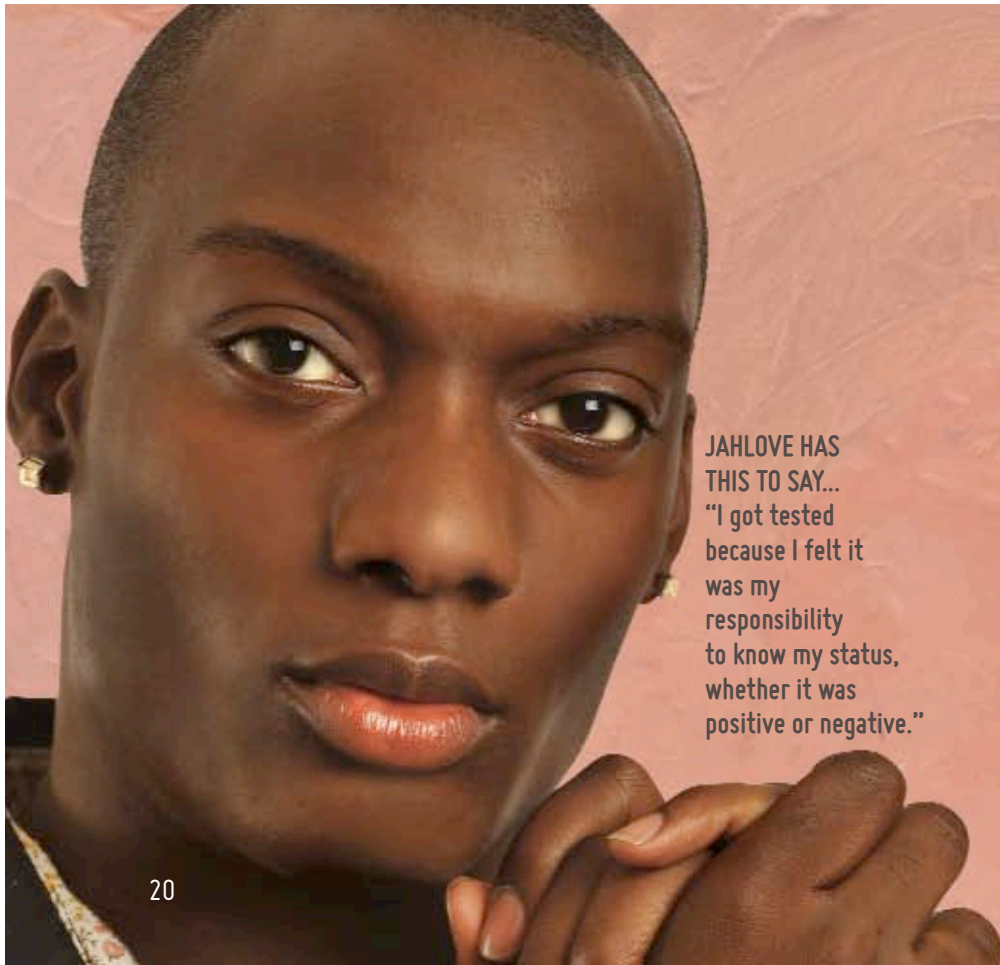
KALVIN HAS
THIS TO SAY...
"Life is precious;
don't play
Russian roulette
with your life."

IF YOU ALREADY TESTED NEGATIVE, DO YOU STILL NEED TO GET TESTED?

If you have sex without condoms, you can get HIV and other STDs. Even if you test negative for an STD or HIV once, if you have sex without condoms after that, you could get an STD or HIV. Try not to have sex, but if you do decide to have sex, use condoms to protect yourself from HIV and STDs.

IT'S LIKE THIS...

routine testing should be a part of your life if you are sexually active.



JAHLOVE HAS THIS TO SAY...
"I got tested because I felt it was my responsibility to know my status, whether it was positive or negative."

WHAT'S IT LIKE TO GET TESTED FOR HIV?

HIV testing can be done by taking a fluid sample from the mouth or by taking blood. Some places use rapid tests and give results at the same visit if you test positive you'll have to go back for another test to be sure the first one was accurate. Other places use different types of tests and give results back in about 2 weeks. You can choose **anonymous HIV testing** which means you don't have to give your name or any other information about yourself. **OR**, you can choose to go to doctor's offices where you can get **confidential HIV testing**. This means you give your name and the information about your test stays in your private medical record.

LISTEN...

once you have been tested it is very important that you go back and get your results.



WILL I INSTANTLY GET TESTED
FOR HIV AT MY ANNUAL PHYSICAL
WITHOUT ASKING FOR IT?

IT'S LIKE THIS...

No. You will not automatically be tested for HIV. You have to ask for the HIV test. Your doctor may ask you if you want to be tested. But if not, you will need to ask for the test.



DO I NEED TO GO TO THE DOCTOR TO GET TESTED FOR HIV AND STD?

HEY...

You can if you want to...but there are many places to get tested for HIV and STDs. **Where?** Most clinics, local health departments and doctors test for HIV and STDs.

FOR FREE HIV TESTING, VISIT:

www.nyhealth.gov/diseases/aids/testing/sites.htm

TREE WAS TESTED AND HAS THIS TO SAY...

"I remember sitting in that huge waiting room with people walking past me as I tried to read their faces. I guess I was hoping that this would help my chances or results. If they came out with a smile then I would as well. This helped a bit because I went to get tested alone. After nursing my heart, which by the way was in my gut at the time, the doctor called me in. I really don't remember what she said; I just remember my heart going from my gut to my ankles and my pulse jumping through my skin. Then, I got everything checked to take control of my life. I now have a primary care physician who answers all my health questions. A dentist who keeps my smile looking good and a mental health provider who ensures that I am today who I hope and plan to be tomorrow. My family and friends understand my truth."





HOW OFTEN SHOULD SOMEONE GET TESTED FOR AN STD?

If you've ever had sex without a condom, get tested for HIV and STDs. So... even if you tested negative once, if you have sex without a condom, you should get tested again. **Remember...** routine testing is the key to staying healthy...and use a condom all the time, every time, the entire time.

For Free HIV testing, visit:

www.nyhealth.gov/diseases/aids/testing/sites.htm



WHAT'S TESTING LIKE FOR OTHER STDs?

There is not one test for all STDs. For some STDs, your urine can be tested. For others, they'll need to take a sample of the fluid or cells from your vagina or penis. Or, they may need to sample the fluid from sores that may be in your genital area.

If you need to talk about getting tested, try talking to your parent or other trusted adult, ask your nurse, doctor, or call the national STD hotline **1-800-227-8922**. This call is free and private.

JASZI HAS THIS TO SAY...

"I was scared to get tested but whatever STD I might have, I'd have it whether or not I get tested. So, I might as well get tested."



WHERE CAN YOU GET TESTED?

If you feel comfortable, ask your doctor or hospital, visit one of our websites or call our free hotlines. Remember all calls are free and private.

Many local and county health departments have clinics where you can get tested and treated for STDs. Some clinics are free; at others, you may have to pay to get STD testing and treatment.

TO FIND INFORMATION ON STD TESTING, VISIT:

www.nyhealth.gov/diseases/communicable/std
CDC/National STD hotline 1-800-232-4636

To find information on HIV testing, visit:

www.nyhealth.gov/diseases/aids/testing.
NYS HIV/AIDS Information Hotline 1-800-541-AIDS

REMEMBER...

it's all up to you to take control of your health and your future.
Testing is the only way to know for sure.