

Sexually Transmitted Infections: HIV Facts



Your Family PACT provider can test you for HIV.

What is HIV?

HIV is the virus that causes AIDS. People can get it from having sex with someone who has it. HIV harms the immune system. The immune system is how the body fights off infections.

People may not know they have HIV. They may not have signs until many years after they get the virus. But they can still pass HIV to other people. The only way to know if a person has HIV is to get tested.

Could I get HIV?

Men and women of all ages can get HIV. You have a higher chance of getting it if:

- You or your sex partner have had other partners.
- You or your sex partner have shared needles with anyone.

If you think you are at risk, you may want to get an HIV test.

How do people get HIV?

HIV is spread through semen, blood, vaginal fluid, or breast milk that has the virus in it. This can happen when you:

- Have sex using the mouth, penis, vagina, or anus.
- Share needles to use drugs.

It can also be passed from mother to child during pregnancy, birth, or breastfeeding.

You cannot get HIV when you:

- Shake hands.
- Hug.
- Kiss.
- Get mosquito or other insect bites.
- Share or touch saliva, tears, or sweat.

Should I get tested for HIV?

Everyone should get tested for HIV at least once in their life. After that, if you think there's a chance you could get it, you should get an HIV test at least once a year.

You can ask for an HIV test from your Family PACT provider. Or he or she may suggest you get it done. Some providers have rapid HIV testing in their office. They will give you the result in about 20 minutes.

- The test looks for HIV antibodies in your blood or the cells of your mouth. Antibodies are what your body makes to fight off infection.

If you do not want to be tested for HIV, tell your provider. You do not need an HIV test to be in the Family PACT program.

- Your Family PACT provider can answer any questions you may have about HIV and HIV testing.

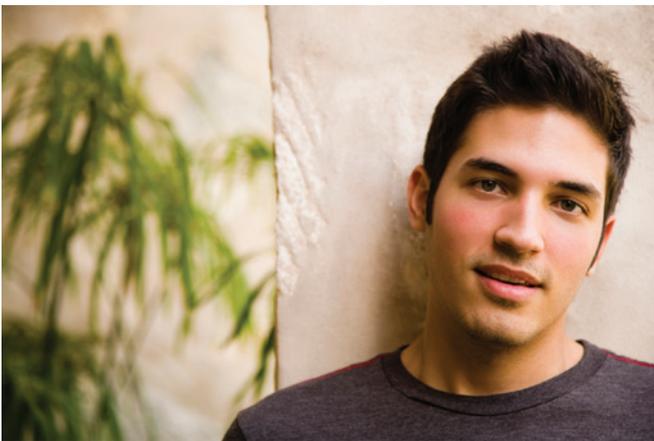
What do my test results mean?

If you test **negative**:

- Either you do not have HIV or it is too soon to tell.
- It can take your body up to 3 months to make HIV antibodies. It may be too soon after you were infected for the antibodies to show up on a test.
- Your Family PACT provider will let you know if you need to get a second test and when to get it.

If you test **positive**:

- Your provider may order a second test to make sure that you have HIV.
- Your provider will talk with you and send you to services that can help you.



I got tested for HIV because I care about my health.

Where can I get tested?

- Your Family PACT provider can test you for HIV.
- You can also find testing sites by calling the California STD/HIV hotline at 1-800-367-2437. These sites are private and no one will know who you are.
- To find more HIV services near you, visit the California Office of AIDS website at www.aidshotline.org.

Protect yourself!

- Use a condom to protect yourself from HIV.
- Limit the number of sex partners you have.
- Do not shoot drugs. If you do, make sure you use clean needles.
- Make good choices. When you get drunk or high, you may take chances. You might have sex without a condom.

Resources

To learn more about HIV:

- Call the CDC toll-free hotline at 1-800-CDC-INFO (1-800-232-4636).
- Visit www.cdc.gov.

For more information about the Family PACT program and providers near you:

- Call 1-800-942-1054.
- Visit www.familypact.org.

