

# HIV TESTING: ALL YOU NEED TO KNOW

## WHEN SHOULD YOU GET TESTED?

IF YOU'RE SEXUALLY ACTIVE, YOU SHOULD GET TESTED AT LEAST ONCE A YEAR. SEXUAL ACTIVITY INCLUDES ANY SKIN-TO-SKIN CONTACT WITH GENITALS, MOUTH, OR ANUS.



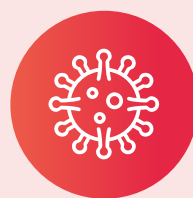
You had unprotected sex with someone who has HIV



You've had unprotected sex with multiple partners since your last HIV test



You've shared needles, syringes, or drug injection equipment



You've been diagnosed with a sexually transmitted infection

Testing can be done at a local AIDS training and info centre, Government Health Department or your regular doctor. No one can perform an HIV test without your consent. You must be offered both pre-test and post-test counselling before testing.

If you test positive, you will be given advice on how to take care of your health to slow down progress of the disease. You will also be told what you can do to reduce the risk of infecting others. Try and see a doctor who understands how to treat HIV, and start your treatment as soon as possible.

For those who test negative, knowing your status will ease your anxiety on this matter. It will also remind you to be careful in your future sexual behaviour to stay negative.

## BENEFITS OF KNOWING YOUR HIV STATUS



**Knowing earlier, starting earlier**

The earlier that HIV treatment is started after infection, the better the outcome



**Staying HIV-free**

Protect yourself with pre or post exposure medication



**Looking after loved ones**

Undetectable = Untransmittable



**Stopping transmission to babies**



**Staying alive and well**

Screen for other illnesses too

## HOW CAN WE HELP?

If you have any questions about HIV testing and treatment, or want to register for the programme or if you need confidential HIV advice, contact Aid for AIDS on 0860 100 646 or [afa@afadm.co.za](mailto:afa@afadm.co.za). [www.afa.co.za](http://www.afa.co.za) for more information

GET INFORMED. GET TESTED. GET INVOLVED.