DO YOU KNOW YOUR STATUS?

IF YOU HAVE ANSWERED “YES” TO ANY OF THESE STATEMENTS, IT’S TIME FOR AN HIV TEST!
I had vaginal or anal sex at least once without using a condom
I had sexual intercourse and the condom tore or slipped off
I have had an STI or think I may currently have an STI
I had an HIV test and was found to be HIV negative, but since then, I have had unprotected sex
I have a partner, parent or sibling that may have HIV
I have been sexually abused, raped or forced sexual intercourse without a condom
I have sexually abused, raped or forced someone to have intercourse without a condom
I have had sex while drunk or high on drugs and can’t remember if a condom was used
I am getting married or in a relationship but don’t know my status and/or my partner’s status
I have had an unplanned pregnancy, am currently pregnant or am planning to get pregnant
I am breastfeeding but do not know my HIV status
I have shared unsterilized needles, razors or experienced other accidental exposure to blood
I have had an HIV test a long time ago
I have been advised to get an HIV test by a health care provider
I am sick for some time and am not sure what is wrong
I have never had an HIV test
I want to know my HIV status

IT’S TIME TO TAKE AN HIV TEST! BUT FIRST, HERE ARE SOME FACTS TO HELP YOU.

How can HIV be transmitted?
HIV is transmitted through contact with the following body fluids from an infected person: blood, breast milk, semen and vaginal fluids. There are different ways a person may get exposed to such infected body fluids. These ways are called modes of transmission. Some examples include:
• Unprotected sexual transmission: during anal, vaginal, or oral sexual activity
• Pregnant woman to baby transmission: during childbirth or breastfeeding
• Sharing unsterilized needles and syringes, or using a new needle instead of a new syringe
• Violent sex: sexual violence or forced sexual intercourse without a condom
• Sharing needles or other unsterilized objects

What happens during an HIV test?
Once you go voluntarily or are referred to HIV Testing Services, a trained health provider will ask for your consent (your permission) and talk to you in a private space. Everything you discuss is kept confidential. During the counselling, you will be able to ask questions, and you will be asked questions to discuss your sexual behaviour and other practices that may put you at risk of contracting HIV. You can also discuss practices that keep you and your partner(s) protected. If you agree, then your health provider will do a simple blood test by pricking your finger tip to collect a drop of your blood, test it, and give you your correct results that reveal your HIV status a few minutes later.

More counselling and other connected prevention, treatment, care and support services may take place after receiving your results. Condoms should be available where you get the HIV test and they are usually free if you want some. Only you have the right to disclose your HIV status to who you want, when you want.

YOUR OPTIONS AFTER YOU HAVE BEEN TESTED
If I am found to be HIV positive:
• I will behave responsibly in ways that:
  • make me healthy and prevent through controlling good nutrition, and medical treatment, especially Antiretroviral Therapy (ART) adherence.
  • will not expose me to re-infection.
  • will protect my sexual partners and others from becoming infected by me.
If I am found to be HIV negative:
• I will re-test so that I get new results three months after my last possible exposure to HIV.
• I will behave responsibly in ways that will protect my health and my partner’s health and stop having sex.

For more information about HIV testing services, condoms and other HIV and sexual and reproductive health services:
Ask a local health worker or peer educator
Go to a government, private or NGO health facility
Listen for special HIV testing events
Visit safeguardyoungpeople.org
Access information and rate your health care experience on our new mobile site! TuneMe.org

AS A YOUNG PERSON, YOU HAVE THE RIGHT TO KNOW YOUR HIV STATUS AND THE RIGHT TO GO FOR HIV TESTING SERVICES!