

Find Out More About HIV Testing

NEW YORK STATE DEPARTMENT OF HEALTH

www.health.ny.gov/diseases/aids/publications/

NEW YORK STATE HIV/AIDS HOTLINES

English 1-800-541-AIDS, Spanish 1-800-233-SIDA, TDD 1-800-369-2437

Voice callers can use the New York Relay System 711

or 1-800-421-1220 and ask the operator to dial 1-800-541-2437

NEW YORK CITY HIV/AIDS HOTLINE

1-800-TALK-HIV (825-5448)

NATIONAL CDC STD HOTLINES

English/Spanish 1-800-232-4636, TTY 1-888-232-6348

HIV TESTING IN YOUR AREA

Albany Regional 1-800-962-5065

Buffalo Regional 1-800-962-5064

Long Island Regional (Suffolk/Nassau) 1-800-462-6786

Lower Hudson Valley Regional 1-800-828-0064

Rochester Regional 1-800-962-5063

Syracuse Regional 1-800-562-9423



State of New York
Department of Health

Take a Stand: Get Tested.



Take a Stand: Get Tested

As an African American woman, you can protect yourself and the people you care about by getting tested for HIV.

Getting an HIV test is the only way to know for sure whether or not you are infected with HIV. An HIV test can protect your health and your life. Testing is quick, easy, and private. HIV can be prevented. If you have HIV, it can be medically treated. Read this brochure to find out more.

IT'S A FACT: HIV and AIDS are serious health problems for African American women. In New York State and New York City in 2007, about 70 percent of all women who were diagnosed with HIV or AIDS were African American.

Source: New York State Department of Health AIDS Institute.





Why Should You Get an HIV Test?

- You may be infected and not know it. You can have HIV for a long time and not feel sick.
- If you had sex without a condom or shared syringes or works, you may be at risk for HIV infection.
- If you have HIV, you can get medical care and take medicines to fight HIV and stay healthy. You can also learn how to avoid infecting other people.
- To protect your children: HIV can be passed to your baby during pregnancy, during childbirth, or through breastfeeding. There are medicines you can take to stop HIV from being passed to your baby.
- HIV testing should be part of your regular medical check-ups. If your doctor or healthcare provider does not offer you an HIV test, insist on taking one.

If your partner has never been tested, ask him or her to get an HIV test, too. If you don't feel comfortable getting tested with your partner, go ahead and get tested by yourself. The key is to take care of yourself and your health first.

Where Can You Get Tested?

There are many different places to get tested. Most local health departments, healthcare clinics, doctors' offices, and HIV/AIDS service agencies do HIV testing. Some groups that provide social services even have "mobile vans" and "storefronts" where you can get tested. Call this free hotline number to find out more about your testing choices: 1-800-541-AIDS (2437).

How Does HIV Testing Work?

Before the test: A counselor explains how the test is done and what the results mean. You sign a form to say that you understand what the test is about and to give the counselor permission to do the test.

The test is quick and easy and does not hurt. Here are the different ways you can take a test:

- Finger-stick test: They can take a few drops of blood from your finger tip and test it.
- Oral swab test: If you don't want to give a blood sample, they can take fluid from the inside of your mouth.
- Rapid test: This test allows you to get the results back in about 20 minutes. You can take either a finger-stick test or an oral swab.





Emergency HIV Testing

If you think you were exposed to HIV in the last 48 hours, get tested right away at a clinic or hospital emergency room. Ask them for emergency HIV medicine that can stop HIV before it takes hold in your body. You may have been exposed to HIV if you:

- Were raped or sexually assaulted.
- Had unprotected sex or shared syringes or works with someone whose HIV status you don't know.

If You Are HIV Positive, Tell Your Partner

If you test positive for HIV, you may find it hard to tell your partner – or you may be afraid your partner will become angry or violent. A Health Department program called Partner Services can help you tell your partner – or they can tell your partner for you. For more information, call the hotline number at the end of this brochure.

Remember, You Are Not in This Alone!

Take Control of Your Health and Your Life!

Here are some things to remember about HIV testing:

- You have plenty of choices for how to get tested for HIV and where to get tested.
- Pick the testing option that's best for you.
- Make HIV testing part of your regular health care.
- Talk with your partner about getting tested together. Get tested even if you are in a long-term relationship.
- Talk with your mother, sisters, and friends about getting tested.

