

## **If you have been diagnosed as living with HIV.**

- 1. HIV testing involves a series of tests. At least two tests indicated that you are living with HIV. HIV is a lifelong infection that can be managed.**
- 2. You can live a healthy life with HIV.**
  - HIV treatment is very effective, has few or no side effects and may involve taking just one pill once a day.
  - Getting into treatment as soon as possible will help you stay healthy.
- 3. Your tester will schedule, with your permission, a follow-up appointment with a health care provider.**
  - If you are diagnosed with as living with HIV, every effort will be made to link you directly to primary care, prevention, support and partner services.
  - It is not enough for a tester to give you contact information for a Designated AIDS Center (DAC) or an HIV experienced provider. They must actively link you to primary care.
  - The health care professional who conducted HIV testing must schedule, with your permission, a follow-up medical appointment for HIV care. The appointment is voluntary.
  - Minors may consent to their own HIV treatment without the involvement of a parent or guardian.
- 4. There is financial assistance for HIV medical care and HIV medications.**
  - Medicaid and private insurance plans cover HIV treatment and medications.
  - If you need assistance, talk with your health care provider, social services provider or call the HIV Uninsured Care Program. Program's Hours of Operation: Monday - Friday, 8:00AM - 5:00PM; In State - Toll Free 1-800-542-2437 or 1-844-682-4058 Out of State - (518) 459-1641; TDD - (518) 459-0121
- 5. Your health provider will talk with you about notifying your sex partners or needle-sharing partners.**
  - Your partners need to know that they may have been exposed to HIV so they can get tested and treated if they have HIV.
  - If, you are uncomfortable notifying your partners on your own, your health care provider can notify them (either with you or without you present).
  - Health Department Counselors (Partner Services Specialists) can also help notify your partner(s) without ever telling them your name.

- If your health care provider knows the name(s) of your spouse or other partners, he or she must report the names of these individuals to the Health Department.
- To ensure your safety, the Partner Services Specialist or your health care provider will ask you questions about the risk of domestic violence for each partner to be notified.
- If there is any risk that your partner would hurt you, the Partner Services Specialist or your health care provider will not notify partners right away and will assist you in getting help.

**6. If a person with HIV is not engaged in health care, he or she may be contacted by the medical provider or health department staff to address barriers to entry into care and promote engagement in care.**

**7. State law protects the confidentiality (privacy) of your test results. It also protects you from being discriminated against based on your HIV status.**

- In almost all cases, you will be asked to give written approval before your HIV test result can be shared.
- Your HIV information can be released to health care providers caring for you or your exposed child; to health officials when required by law; to insurers to permit payment, to those involved in foster care or adoption, to official correctional, probation and parole staff, to emergency or health care staff accidentally exposed to your blood, or by special court order.
- The names of people with HIV are reported to the State Health Department for tracking the epidemic and planning services.
- The HIV Confidentiality Hotline at 1-800-962-5065 can answer your questions and help with confidentiality problems.
- If you think you've been discriminated against based on your HIV status, call the New York State Division of Human Rights at 1-718-741-8400.

**Thinking about the Future: HIV Treatment is Important for You and Your Sexual Partners**

A person living with HIV who is on HIV treatment and virally suppressed for 6 months or longer has effectively no risk of passing HIV to a partner through sex. This is called Undetectable equals Untransmittable or U=U.

## More Information and Help

### New York State Department of Health website

[www.health.ny.gov/diseases/aids/publications](http://www.health.ny.gov/diseases/aids/publications)

### New York State HIV/AIDS hotlines (toll-free)

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

### HIV Uninsured Care Program

**Program's Hours of Operation: Monday - Friday, 8:00AM - 5:00PM**

**In State** - Toll Free 1-800-542-2437 or 1-844-682-4058

**Out of State** - (518) 459-1641

**TDD** - (518) 459-0121

### New York City HIV/AIDS Hotline

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

### National Centers for Disease Control STD hotlines

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

### New York State HIV/AIDS Counseling Hotline

1-800-872-2777

### New York State Partner Services:

1-800-541-AIDS

### New York City Contact Notification Assistance Program:

1-212-693-1419

### Confidentiality

New York State Confidentiality Hotline: 1-800-962-5065

Legal Action Center: 1-212-243-1313 or 1-800-223-4044

### Expanded Syringe Access Program (ESAP)

English 1-800-541-2437

Spanish 1-800-233-7432

### Human rights/discrimination

New York State Division of Human Rights: 1-718-741-8400

New York City Commission on Human Rights: 1-212-306-7500