

Get Tested

It's about changing the world.

Facts, Stats and Where to Get Tested

HIV is the virus that causes AIDS, a disease that destroys the body's ability to fight off infections.

- There is no cure.
- You *can* protect yourself from becoming infected with HIV.
- If you are infected, there are things you can do to stay healthy.

FACTS

What are HIV and AIDS?

HIV, the human immunodeficiency virus, is a virus that kills your body's "CD4 cells." CD4 cells (also called T-helper cells) help your body fight off infection and disease.

AIDS, the acquired immunodeficiency syndrome, is a disease you get when HIV destroys your body's immune system. Normally, your immune system helps you fight off illness.

How can you tell if someone is infected with HIV or AIDS?

You cannot tell if someone is infected by just looking at them. A person infected with HIV may look healthy and feel good, but they can still transmit the virus. A blood test is the only way a person can find out if he or she is infected.

How do you get infected with HIV?

HIV is spread through blood, semen, vaginal secretions and breast milk. Contact with these fluids puts you at risk for HIV infection.

[Learn more \(http://www.cdc.gov/hiv/pubs/brochure/atrisk.htm\)](http://www.cdc.gov/hiv/pubs/brochure/atrisk.htm)

How can you avoid infection?

- Abstinence: Do not have sex (anal, vaginal or oral). This is the only sure way to avoid contracting the virus by this means.
- Mutual Fidelity: Stay with one partner who has sex only with you.
- Correct & Consistent Condom Use: Use a new latex condom every time you have sex. When used correctly and consistently, condoms can help prevent HIV and other sexually transmitted diseases.
- Do not share needles and syringes.

STATS

- Every day 14,000 people contract HIV
- 40.3 million people now live with HIV/AIDS
- AIDS kills 1 child every minute
- Every 15 seconds a young person contracts HIV
- AIDS has orphaned 15 million children
- 3.1 million people died from AIDS in 2005

UNAIDS and WHO

GETTING TESTED

Why should you get tested?

You might have HIV and still feel perfectly healthy. The only way to know for sure if you are infected or not is to be tested.

Anyone can become infected with HIV. It has nothing to do with race, age, religion, nationality or sexual orientation.

Advice on testing

All over the world, voluntary HIV/AIDS counseling and testing (VCT) centers make their services available to people in need. Talk with a knowledgeable health care provider or counselor both before and after you are tested.

To learn more about the different types of HIV tests, and to **find testing locations** near you, please visit:

<http://www.hivtest.org>

To learn about HIV/AIDS treatments, prevention and ongoing research, please visit:

<http://www.aidsinfo.nih.gov>

Make the Right Call (for HIV information and testing locations)

CDC National AIDS Hotline: 1-800-342-2437

(Spanish/ Español: 1-800-344-7432; TTY access: 1-800-243-7889)

CDC National Prevention Information Network: 1-800-458-5231

(1-919-361-4892 International: 1-800-243-7012 TTY: 1-919-361-4884

International TTY)

Additional HIV/AIDS Recourses

www.unaids.org

www.kff.org

www.cdc.gov

Test Your Knowledge

With the right knowledge you can protect yourself and help to educate others.

Testing will only label me HIV positive, true or false?

If I have had unprotected sex, I should be tested for HIV, true or false?

To get the answers to these important questions, and test your knowledge, take the following HIV quiz.

<http://www.hivtest.org/subindex.cfm?FuseAction=Quiz>

Breaking myths about HIV infection

You cannot get HIV:

- By working with or being around someone who has HIV.
- From sweat, spit, tears, clothes, drinking fountains, phones, toilet seats, or through everyday activities like sharing a meal.
- From insect bites or stings.
- From donating blood.