

## HIV Pre-test Education

### What is Human Immunodeficiency Virus (HIV) infection?

- A disease that destroys the immune system. HIV makes it harder for the body to fight infections
- People who become infected with HIV may have no symptoms for up to 10 years. However, they can still pass the infection to others
- It can take up to 3 months after being exposed to HIV to test positive for HIV

### How is HIV passed from person to person?

- Through sexual contact. This includes oral, vaginal, and anal sex
- Having sex without a condom. This is high-risk behavior
- Through blood transfusions, accidental needlesticks, or needle sharing
- A pregnant woman can transmit HIV to her fetus
- A nursing mother can pass it to her baby in her breast milk

### Who should have an HIV test?

- People in high-risk groups
  - men who have sex with men
  - anyone having sex with injection drug users
  - anyone who is having unprotected sex
- Pregnant women who think they are at risk
- People with unusual infections
- Anyone who wants to be tested. Testing for HIV is voluntary

### How will the HIV test help me?

- Your healthcare providers will be able to provide you better care
- You will:
  - Protect your sexual partners
  - Protect yourself
  - Know you are not infected

### What do the HIV test results mean?

<u>Positive test:</u>	<u>Negative test:</u>
<ul style="list-style-type: none"><li>• A person has HIV and can pass it to others</li><li>• False positives can rarely occur</li></ul>	<ul style="list-style-type: none"><li>• Antibodies to HIV were not found. This usually means that the person <b>does not</b> have HIV</li><li>• Sometimes people with HIV have negative tests. This is called the "window period"</li></ul>

### What is the "window period?"

- When an infection is too new for the test to turn positive
  - Blood tests often turn positive within 1 month after infection
  - If you were infected recently, a negative test result could be wrong

### Who will get my results?

- We keep a record of your health care. This is protected information.
- We have to give your name to the Iowa Department of Public Health (IDPH). Your local Public Health Agency will also be informed.
- We will not show your record to anyone else unless it is ordered by law

### More Information

- Call CDC information line: 1-800-232-4636 or visit website: <http://www.cdc.gov/hiv/>