

WHAT IF I HAVE MORE QUESTIONS?

- Feel free to ask **the health professional who gave you this pamphlet** any questions you might have.
- **Call the Michigan HIV/STI hotline:** 800-872-2437 or visit misexualhealthinfo.com.
- **Visit Michigan.gov/HIVSTI for more information.**
- **Visit the CDC's HIV/AIDS website for more information** CDC.gov/HIV.
- For additional resources, **call 211** or visit mi211.org/HIV-STI-Services.

Find HIV and STI Services



Michigan.gov/HIVSTI



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WHAT YOU NEED TO KNOW ABOUT HIV TESTING

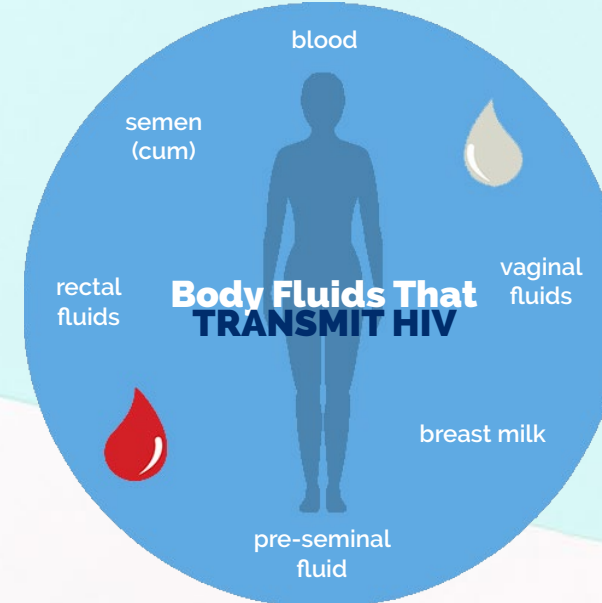


WHAT IS HIV AND HOW IS IT SPREAD?

Human immunodeficiency virus (HIV) is a long-term illness that damages the body's immune system, or its ability to fight off disease.

Here are some examples of ways you can get or give HIV:

- By having vaginal or anal sex without a condom.
- By sharing needles or works when injecting drugs.
- HIV can be passed from a child-bearing woman to child during pregnancy, birth or breastfeeding.



You **cannot** get HIV by receiving a blood donation or through casual contact such as hugging, insects (mosquitoes, ticks), sharing toilets or shaking hands.

If left untreated HIV can progress to acquired immunodeficiency syndrome (AIDS), which is the late stage of HIV. Most people with HIV do not develop AIDS because taking HIV medicine as prescribed is effective at stopping the progress of HIV.

CAN ANYONE MAKE ME TAKE AN HIV TEST?

Under Michigan law, unless you are ordered by a judge, or you are entering into a correctional facility, getting an HIV test is your decision. No one can test you without your consent.

Can I change my mind after I consent to the test?

- Yes, you can change your mind at any time before the lab runs the test.

Can someone under age 18 take the test without their parents' consent?

- Yes. Minors, age 13 and older, have the right to take the test for HIV without their parents' knowledge or consent.



WHAT IS AN HIV TEST?

An HIV test helps to identify if you are living with HIV. It is a simple test done by taking a blood or oral fluid sample.

Who should get tested for HIV?

The Centers for Disease Control and Prevention (CDC) recommends everyone between the ages of 13 and 64 get tested for HIV at least once in their lifetime.

- You should get tested for HIV every six months if you are sexually active and/or share injection equipment.
- You should also get tested for HIV if you are considering pregnancy.

HOW IS HIV TESTING DONE?

Most HIV tests are done by drawing blood sample with a needle. Specimens are sent to a lab and you get results in about one week.

Rapid tests are done on a small amount of blood or oral sample from the tip of your finger. You will get results in that same visit. If your result is reactive (shows possible signs of HIV), you will need more testing.



WHAT DOES A NEGATIVE (OR "NON-REACTIVE") RESULT MEAN?

- A **negative result** means you do not have HIV, or you have been exposed too recently for it to show up on the test.
- If you recently had sex without a condom or shared injection equipment, you should get another test in about six weeks.
- Consider talking to your health care provider about preventive measures to help protect against HIV.

WHAT DOES A POSITIVE RESULT MEAN?

- A **positive result** means you are living with HIV.
- You should see a doctor as soon as possible. The person who gave you your test results will assist you with starting HIV care.
- You can avoid passing HIV to other people through proper treatment and by reaching and maintaining an undetectable viral load (Undetectable = Untransmittable, or U=U). This means there is such a small amount of the virus in your system that it is unable to be detected.
- The Michigan Department of Health and Human Services offers many programs that can provide further assistance like case management and Early Intervention Services (EIS) at Michigan.gov/HIVSTI.

IF I'M HIV POSITIVE, WHAT ARE MY OPTIONS?

Today there are many treatments for HIV that can prevent serious illness, including AIDS. Starting and maintaining a treatment plan with your care provider will assist in getting to and staying undetectable, preventing serious illness.

THERE ARE TOOLS AVAILABLE TO HELP REDUCE THE CHANCE OF GETTING HIV:



Pre-exposure prophylaxis (PrEP), a once-a-day pill or bi-monthly injectable that can help prevent you from getting HIV.



Post-exposure prophylaxis (PEP) is a medication that can be taken up to **72 hours** after a possible exposure to HIV.



Use insertive or internal condoms every time.



Use water or silicone-based lubricants to help keep the condom from breaking. Avoid use of oil-based lube with latex condoms.



Use unused or new needles; do not share needles or other injection equipment.



Check for local needle exchange programs by visiting Michigan.gov/SSP.



WHO WILL KNOW THE RESULTS OF MY TEST?

In Michigan, all HIV test information is confidential by law.

- There are very strict rules about who is allowed to see your information. Individuals who may see your test results include relevant health care workers, health insurance companies, Medicare and Medicaid.
- HIV tests are reported to the local health department. Health department staff will reach out with educational resources.
- **It is illegal to discriminate against people with HIV.**

Whom should I tell if I have HIV?

- Current, past and future needle or other injection equipment sharing and/or sexual partners should be notified.
- Your local health department can also help to notify needle or other injection equipment sharing and/or sexual partners. They will do this without using your name or sharing any information about you.

HIV Care Resource Guide



Bit.ly/3YhVKzX

Michigan law requires you to tell your sexual partner that you have HIV before having vaginal or anal sex with them, unless you have an undetectable viral load and have no intent to spread the virus.