

Why am I being tested for HIV?

According to the Annual Report on HIV/AIDS in Sonoma County (October 2015) an estimated 1 in 8 of the approximately 1600 people living with HIV do not know their status. With proper treatment, HIV can be managed.

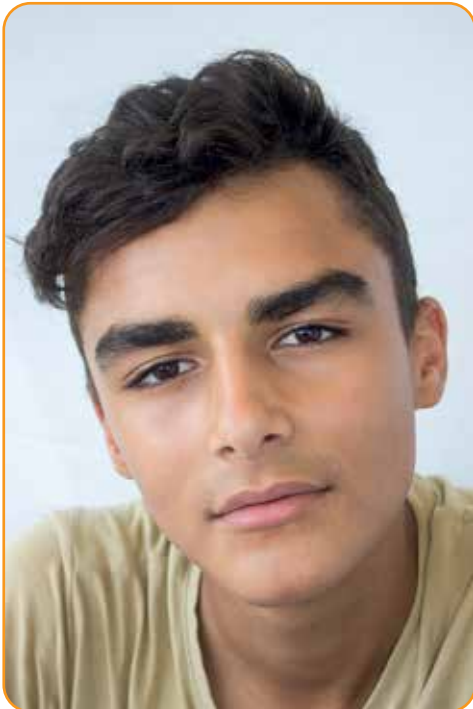
The only way to know if someone has HIV is to GET TESTED!

United States Statistics

CDC (Centers for Disease Control and Prevention) estimates that 1,218,400 persons aged 13 years and older are living with HIV infection, including 156,300 (12.8%) who are unaware of their infection.

Over the past decade the number of people living with HIV has increased, while the annual number of new HIV infections has remained relatively stable. Still, the pace of new infections continues at far too high a level—particularly among certain groups.

This is why we test everyone!



What if i test positive?

VIDA

Santa Rosa Community Health Centers

Team VIDA offers a full spectrum of collaborative care for people who are living with HIV, including low cost and sometimes free treatments, drugs, and services such as: nutrition, help accessing community resources, support groups, and access to many other resources.

To find out more, visit our web page: srhealthcenters.org/vida, or call to schedule an appointment **707.303.3600**



Santa Rosa Community Health Centers is dedicated to providing excellent, patient-centered health care for you and your family, even if you don't have insurance or can't afford to pay.



We Test Everyone!

As a part of your Health Care SRCHC tests everyone over 15 years old for HIV regardless of sex, gender, sexual preferences, or medical history.



Frequently Asked Questions

What is HIV?

HIV stands for human immunodeficiency virus. If left untreated, HIV can lead to the disease AIDS (acquired immunodeficiency syndrome). Unlike some other viruses, the human body can't get rid of HIV completely. So once you have HIV, you have it for life.

Is HIV the same as AIDS?

No, the terms "HIV" and "AIDS" can be confusing because both terms refer to the same disease. However, "HIV" refers to the virus itself, and "AIDS" refers to the late stage of HIV infection. Before the development of antiretroviral (ART) treatment, people with HIV could progress to AIDS in just a few years. But today, most people who are HIV-positive do not progress to AIDS. That's because if you have HIV and you take ART consistently, you can keep the level of HIV in your body low. This will help keep your body strong and healthy and reduce the likelihood that you will ever progress to AIDS. It will also help lower your risk of transmitting HIV to others.

Is there a cure for HIV and AIDS?

Once you have been infected with HIV, you will always carry it in your body. There is no cure for HIV. It is a serious, infectious disease that can lead to death if it isn't treated. But there is good news: by getting linked to HIV medical care early, starting antiretroviral therapy (ART), adhering to your medication, and staying in care you can keep the virus under control, and live a healthy life.

Information adapted from AIDS.GOV for use in clinical setting.

HIV IS NOT SPREAD BY...

HIV does not survive long outside the human body (such as on surfaces) and it cannot reproduce outside a human host. It is not spread by:

- Air or water, mosquitoes, ticks or other insects
- Saliva, tears, or sweat that is not mixed with the blood of an HIV-positive person
- Shaking hands, hugging, sharing toilets, sharing dishes/drinking glasses, or closed-mouth or "social" kissing with someone who is HIV-positive
- Drinking fountains
- Other sexual activities that don't involve the exchange of body fluids (for example, touching)

If I am pregnant and have HIV, does that mean my baby will have HIV?



No, with proper treatment it is highly possible to give birth to an HIV-negative baby.

How do you get HIV?

You can get or transmit HIV only through specific activities. Most commonly, people get or transmit HIV through sexual behaviors and needle or syringe use.



HIV is not spread easily. Only certain body fluids from a person who has HIV can transmit HIV: blood, semen (cum), pre-seminal fluid (pre-cum), rectal fluids, vaginal fluids, breast milk.

Additional Questions

High risk behaviors?

Ask your health care provider about PrEP (Pre-Exposure Prophylaxis).

Fear of Exposure?

Immediately contact your health care provider for nPEP (Post-Exposure Prophylaxis).

What if I don't want an HIV test?

You have the right to decline an HIV test. As a routine part of your health care visit, we strongly recommend you consent to being tested for HIV. If your test comes back positive, medical treatment is available.

More Questions?

Speak with your health care provider. Sometimes it can be hard to talk about behaviors that increase the risk of acquiring HIV, but your health care providers are here to help you.