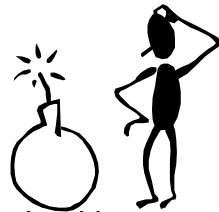


## How will I react to the test result?

- ❖ If the test is positive, you may find that you are worried and frightened about being positive, but at least you now know you have HIV.
- ❖ If the test is negative, you may feel relieved, but it is important to remember to protect yourself and anyone with whom you have sex or share needles.

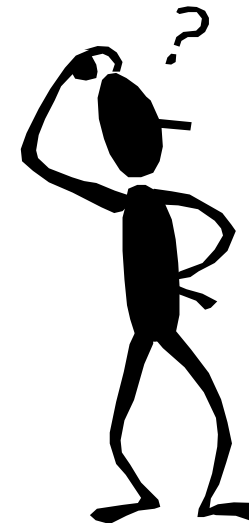
## How do I protect myself from getting HIV?

- ❖ Practice safer sex.
  - Condoms are free at health centers or public health units.
  - Condoms will help to stop you from getting HIV but will also protect you from other diseases such as:
    - Chlamydia
    - Gonorrhea (the clap)
    - Hepatitis B
    - Syphilis
- ❖ Do not share needles or riggs.
  - You can get sterile needles at the health centers.



# HIV/AIDS

## WHAT YOU SHOULD KNOW



### For more information or help, contact:

The NWT Help and AIDS Information Line:  
1-800-661-0844 for anywhere in the NWT  
920-2121 in Yellowknife

OR

Your doctor, community health center or public health unit.

## What are HIV and AIDS?



- ❖ HIV is the virus that causes AIDS.
- ❖ HIV weakens the body so it cannot fight other germs, which means the body will get infections more easily.
- ❖ There is no medicine to stop you from getting HIV; if you know you have HIV, you can be treated.
- ❖ You can have HIV in your body without becoming sick with AIDS, especially with new treatments available.
- ❖ You can have HIV in your body and pass it on to others without knowing it.
- ❖ It is very important to be tested to know if you have HIV.

## What increases my chances of getting HIV/AIDS?

- ❖ Having unprotected sex:
  - With a person infected with HIV
  - Men who have sex with men
  - Men who have sex with both men and women
- ❖ Having many sexual partners.
- ❖ Sharing needles and rigs.
- ❖ HIV-infected mother giving birth to or breastfeeding a baby.
- ❖ If you have received blood products between 1978 and 1985.



Human  
Immunodeficiency  
Virus



Acquired  
Immuno-  
Deficiency  
Syndrome

## HIV/AIDS is NOT spread by:

- ❖ Hugging or kissing
- ❖ Sharing food
- ❖ Using the same toilet
- ❖ Working or going to school with a person who has HIV
- ❖ Insect bites

## What is the test for HIV?

- ❖ The HIV Test: measures HIV antibodies (disease fighters) in your blood.
- ❖ Antibodies: substances made by your body to fight infection. They are specific to the infection they are trying to fight off. (e.g. HIV => HIV antibodies).
- ❖ If your test result comes back POSITIVE: You have HIV (but not necessarily AIDS).
- ❖ If your test comes back NEGATIVE this could mean:
  - You do not have HIV.
  - You are in the window period (some people do not make HIV antibodies until 3-6 months after they are infected with the virus) and you should be retested.

