HIV TESTING IS NOW ROUTINE

ASK YOUR PROVIDER ABOUT A TEST

WHAT IS HIV?

HIV stands for the Human Immuno-deficiency virus.

HIV is a virus that attacks the body's immune system, or defenses.

HIV is passed from human to human, mainly through blood or sexual fluids.

WHY HIV TESTING IS IMPORTANT

The only way to know if you have HIV is to take a test.

HIV is preventable and treatable, so early testing and treatment are important.

HIV is most often transmitted by people who are unaware they have it.

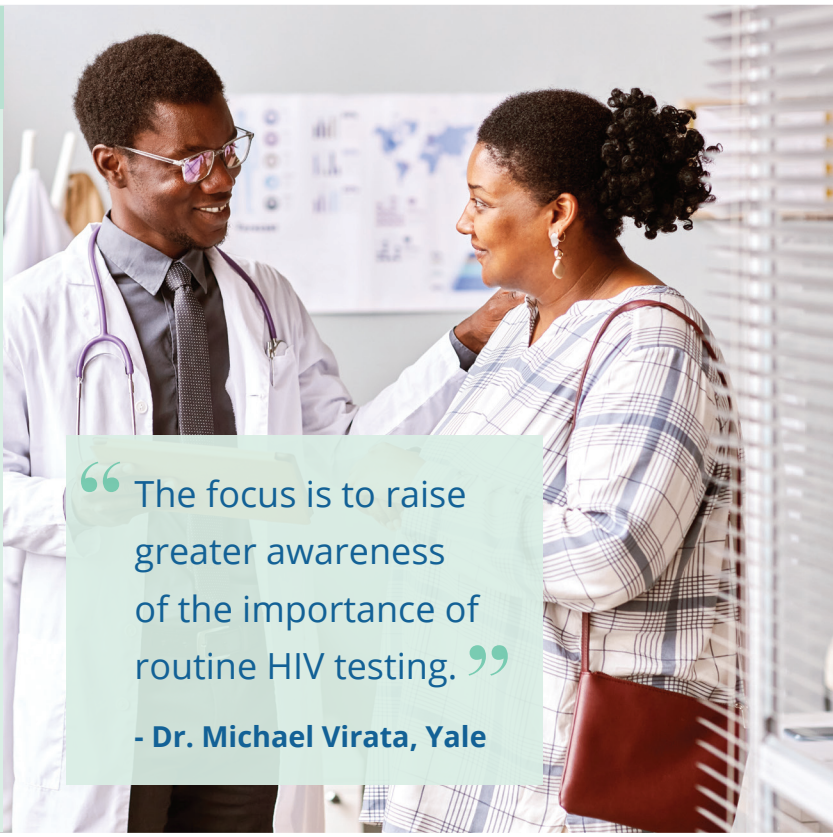
People who know they have HIV can protect themselves and others.

People who get on treatment early have better health outcomes and can live long, healthy lives.

People who get on treatment and maintain undetectable amounts of virus cannot transmit to others sexually.

HOW CAN I PROTECT MYSELF AND OTHERS FROM HIV?

- **Know your HIV status, get tested for HIV**, at least once, and again three months after each possible exposure (i.e., unprotected sex or injection drug use).
- **Ask partners to get tested**, too, so you both know your HIV status.
- **HIV Testing is confidential** which means you and your partner's information is protected too.
- **Use internal (female) or external (male) condoms** for oral, vaginal, or anal sex.
- **Use PrEP**, a medication that can prevent HIV.
- **Practice Harm Reduction** or safer injection practices, like using new or clean syringes and new drug using equipment rather than sharing.



> "The focus is to raise greater awareness of the importance of routine HIV testing."
>
> **- Dr. Michael Virata, Yale**

T.E.S.T. CT **Tell Everyone to Screen & Test**

HIV TESTING IS NOW ROUTINE (continued)

WHAT IS ROUTINE HIV TESTING IN CT?

Testing all patients for HIV regardless of risk is a routine part of medical care.

As a patient, you have the right to be tested but you also have the right to opt out or decline testing.

All patients aged 13-64 are offered a test at least once, but should test more often if exposed more frequently.

CT Law requires all patients to be offered HIV testing in primary care settings. Ask your doctor if they do not ask you.

CT Law requires all patients to be offered HIV testing in Emergency Departments, unless they are there for a life-threatening event.

In most cases, HIV tests are covered by insurance or free. Ask your doctor or insurance if you have a concern.

WHAT IF I TEST POSITIVE?

Positive results from rapid tests need to be confirmed by a lab test.

You should be connected to medical care as soon as possible to discuss treatment options.

A Disease Intervention Specialist (DIS) from DPH may contact you to see if you want help notifying partners. All HIV testing and Partner Services are confidential so your information will not be shared.

There is help, support, treatment, and case management available. Just ask!

WHAT IS PrEP?

PrEP, or Pre-Exposure Prophylaxis, are HIV medications that can be taken regularly and have been proven to prevent HIV infection. PrEP can be taken orally in pill form or through injections. A PrEP Navigator or Provider can discuss if PrEP is right for you.

To find a PrEP Provider in your area, visit preplocator.org.

WHAT IS PEP?

PEP, or Post-Exposure Prophylaxis, are HIV medications best taken within 72 hours of a possible exposure to HIV to try to prevent the virus from taking hold.



> “Living long and well with HIV is possible with early testing, expert care and healthy choices.”
>
> **- Rev. Alexander R. Garbera, Long Term HIV/AIDS Survivor**

WHERE CAN I GET MORE INFORMATION?

Ask your doctor.
Visit **test-ct.org**.

DPH Connecticut Department of Public Health