HIV Testing Can Save Your Life

Why should you be concerned about HIV testing?
The only way to know if you have HIV is to get tested regularly. Without treatment, HIV can cause AIDS, a condition which ultimately leads to death.

Why do you need to get tested?
Anyone who has ever been sexually active is at risk for contracting HIV. If you do not have HIV, you can continue to take steps to stay HIV-free. If you do have HIV, the sooner you get care the better.

Who needs to get tested?
The Centers for Disease Control and Prevention (CDC) recommends regular HIV testing for anyone ages 13 to 64. The following behaviors increase your chance of getting HIV:

- Having sex with multiple partners or people you don't know
- Having a sexually transmitted disease (STD), Hepatitis, or TB
- Men who have sex with men
- Exchanging sex for drugs or money
- Injecting drugs or sharing needles with others
- Having sex with someone who could answer yes to any of the above questions

Talk to your doctor about your risk and how often you should be tested.

For information on free testing:

- Virginia Disease Prevention Hotline (800) 533-4148
- The Health Department (434) 972-6200
- www.hivtest.org

A public health message from
www.tjhd.org

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6/15

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