

Should I be tested for HIV?

Think about getting tested if:

- Had sex without a condom
- Shared needles or other items while injecting drugs
- Had a piercing or tattoo with a dirty needle
- Had a blood transfusion before 1985

How can I find out if have HIV?

You can get tested for HIV through our doctor or at a health clinic. As part of our study, we offer free testing for HIV.



HIV/AIDS Facts

- Over 1.2 million Americans are currently living with HIV. One in five (20%) of those people do not know they are infected with HIV.
- 1/3 of AIDS cases in the United States are from injecting drugs.
- In 2010, there was 47,000 new HIV cases in the United States.

[Centers for Disease Control and Prevention]

Where to get tested for HIV:

San Diego County Health Services
3851 Rosecrans St, San Diego
619-296-2120

Public Health Center - Central Region
5202 University Ave, San Diego
619-229-5400

San Diego LGBT Community Center
3909 Centre St, San Diego
619-692-2077

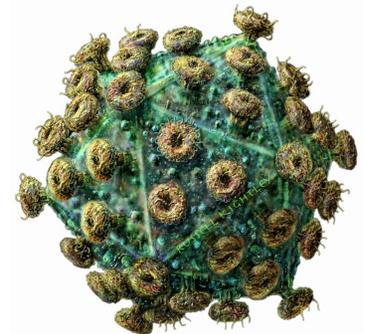
Family Health Centers of San Diego
North Park Logan Heights
3544 30th St 1809 National Ave
619-515-2424 619-515-2300

UCSD Antiviral Research Center
220 Dickinson St, Suite A, San Diego
619-543-8080

Lead the Way
3830 Park Blvd, San Diego
619-543-9340

UC San Diego
SCHOOL OF MEDICINE

University Of California
San Diego
School of Medicine
Division of Global Public Health
3500 Fifth Ave
San Diego, Ca. 92103
1-877-50-STAHR
619-767-9600 or 619-767-9604



HIV

***What you
should know***

HIV: What You Should Know

What is HIV ?

HIV (**H**uman **I**mmunodeficiency **V**irus) is a virus that can enter the body and cause AIDS (**A**cquired **I**mmune **D**eficiency **S**ndrome). HIV attacks the body's immune cells—these cells protect our body from getting sick. When too many of these cells are destroyed, the body becomes weak and more prone to other diseases. This condition is called "AIDS".

Signs & Symptoms of HIV/AIDS:

Many people with HIV do not know they are infected. It can take up to 10 years for symptoms of HIV to appear. Get tested if you think you may be at risk for HIV, it is the only way to know if you have been infected with HIV.

Early Signs of HIV/AIDS:

- Weight loss
- Swollen glands in the neck, behind the ear, under the arm, in the groin
- Sores in the lips that do not heal
- White rash inside the mouth or vagina, penis, or anus
- Tuberculosis (coughing, sweating)
- Fever and sweating at night
- Diarrhea that does not stop

Late Signs of HIV/AIDS

- Tuberculosis
- Pneumonia
- Painful rashes
- Weakness and tiredness
- Dark blue marks on the skin
- Losing weight with out trying
- Headaches, fits, blackout, memory loss, hard time concentrating

Remember!

HIV can live in blood, semen, vaginal fluid, and breast milk.

You CAN get HIV from:

- Having sex with a person who has HIV. This includes vaginal, oral, or anal sex.
- Sharing needles or syringes to inject drugs, vitamins, or steroids
- Getting a piercing or tattoo with blood contaminated equipment
- From a mother to baby, during pregnancy, birth, or breastfeeding

You CANNOT get HIV from:

- Hugging, kissing, or shaking hands with a person who has HIV.
- Toilet seats, doorknobs, or toothbrushes used by someone with HIV.

HIV Treatment

There is no cure for HIV. However, there are medications to help reduce symptoms and decrease the spread of HIV. HIV medications can also slow the progression to AIDS. However, someone with HIV who is using HIV medication can still spread the disease to others through sex or needle sharing.

How to protect yourself from HIV:

- Limit the number of sex partners.
- Always use a latex condom during vaginal, oral, or anal sex. Use a barrier (such as dental dam) for oral sex.
- Use a water-based lubricant, to prevent the condom from breaking (never use Vaseline, lotions, or oils because the latex will weaken).
- Never share needles or other items (such as cotton, cookers, rinse water) while injecting drugs . If you share needles, as a last resort, clean them with bleach and water before injecting.
- Avoid getting piercings and tattoos from places without a proper license



Share this information and help stop the spread of HIV.