

IF YOU HAVE
ANSWERED “YES”
TO ANY OF THESE
STATEMENTS, IT’S TIME
FOR AN HIV TEST!



United Nations Population Fund
East and Southern Africa Regional Office
9 Simba Road, Sunninghill
Johannesburg, South Africa, 2157


esaro.unfpa.org

safeguardyoungpeople.org
facebook.com/Safeguard-Young-People-Programme
[@sypesaro](https://twitter.com/sypesaro)

Graphic credits:
“How can HIV be transmitted?” graphic: MD Delwar hossain, The Noun Project
“What happens during an HIV test?” graphic: Alex Auda Samora, The Noun Project

© UNFPA 2016

With the generous support of

 Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra

Swiss Agency for Development
and Cooperation SDC



DO YOU KNOW
YOUR STATUS?

TEST FOR THE
HIV TEST!

I had vaginal or anal sex at least once without using a condom

I had sexual intercourse and the condom tore or slipped off

I have had an STI or think I may currently have an STI

I had an HIV test and was found to be HIV negative, but since then, I have had unprotected sex

I have a partner, parent or sibling that may have HIV

I have been sexually abused, raped or experienced forced sexual intercourse without a condom

I have sexually abused, raped or forced someone to have intercourse without a condom

I have had sex while drunk or high on drugs and can't remember if a condom was used

I am getting married or in a relationship but don't know my status and/or my partner's status

I have had an unplanned pregnancy, am currently pregnant or am planning to get pregnant

I am breastfeeding but do not know my HIV status

I have shared unsterilized needles, razors or experienced other accidental exposure to blood

I have had an HIV test but I took the test a long time ago

I have been advised to get an HIV test by a health care provider

I am sick for some time and am not sure what is wrong

I have never had an HIV test

I want to know my HIV status

IT'S TIME TO TAKE AN HIV TEST! BUT FIRST, HERE ARE SOME FACTS TO HELP YOU.



How can HIV be transmitted?

HIV is transmitted through contact with the following body fluids from an infected person: blood, breast milk, semen and vaginal fluids. There are different ways a person may get exposed to such infected body fluids: unprotected sexual transmission, parent to child transmission, sharing unsterilized needles and razors, to name a few. For example, some young people were born with HIV and may or may not know their status. For young people who become infected or re-infected later in life, the most common way is through unprotected sexual intercourse with an infected partner.



What happens during an HIV test?

Once you go voluntarily or are referred to HIV Testing Services, a trained health provider/counsellor will ask for your consent (your permission) and talk to you in a private space. Everything you discuss is kept confidential. During the counselling, you will be able to ask questions, and you will be asked questions to discuss your sexual behaviour and other practices that may put you at risk of contracting HIV. You can also discuss practices that keep you and your partner(s) protected. If you agree, then your health provider/counsellor will do a simple blood test by pricking your finger tip to collect a drop of your blood, test it, and give you your correct results that reveal your HIV status a few minutes later.

More counselling and other connected prevention, treatment, care and Sexual and Reproductive Health services may take place after receiving your results. Condoms should be available where you get the HIV test and they are usually free if you want some. Only you have the right to disclose your HIV status to who you want, when you want.

AS A YOUNG PERSON, YOU HAVE THE RIGHT TO KNOW YOUR HIV STATUS AND THE RIGHT TO GO FOR HIV TESTING SERVICES!

YOUR OPTIONS AFTER YOU HAVE BEEN TESTED



If I am found to be HIV positive:

I will behave responsibly in ways that:

- keep me as healthy as possible through counselling, good nutrition, and medical treatment, especially Antiretroviral Therapy (ART) adherence.
- will not expose me to re-infection.
- will protect my sexual partners and others from becoming infected by me.



If I am found to be HIV negative:

- I will re-test so that I get new results three months after my last possible exposure to HIV.
- I will behave responsibly in ways that will protect my health and my partner(s) health so that we stay negative.

For more information about HIV testing services, condoms and other HIV and sexual and reproductive health services:

- Ask a local health worker or peer educator
- Go to a government, private or NGO health facility
- Listen for special HIV testing events
- Visit safeguardyoungpeople.org

Access information and rate your health care experience on our new mobisite!



TuneMe.org