

## HIV INFORMATION

Most people don't think they are at risk for contracting HIV. HIV is the virus that causes AIDS. Being infected with the HIV does not mean that you have AIDS. Many people who are infected live healthy lives for many years with or without any symptoms. People don't always know that they have HIV.

HIV can affect your health and the health of your baby. A pregnant woman who is HIV-infected or who has AIDS can pass HIV to her baby during pregnancy, childbirth and breastfeeding. The majority of babies are infected shortly before or during the birth. A smaller number are infected during pregnancy and breastfeeding. The earlier you know your HIV status the more options there are for you and your pregnancy. You may be nervous about taking an HIV test but it is important for you and your pregnancy. If you are taking HIV positive there are treatments to help reduce the chance of passing HIV to your baby. Early treatment of HIV can help you stay healthy and may prevent your baby from getting HIV. If your test result is negative, you have an opportunity to lower your risks by using methods to protect yourself.

As part of your initial appointment you will have received a questionnaire to help identify any risks you may have for getting HIV. There are two types of tests: anonymous and confidential. The anonymous test is where you are completely unknown and can be done in various places in Arizona. Nothing is reported on you and you decide to whom and when the information will be shared, thereby protecting your rights and freedoms from organizational interference.

With confidential testing, the person administering the test knows you, and that person is obligated by law to report your case of HIV to the Center for Disease Control. However, you are still protected by certain rights. Many people chose this because, although there is less freedom and anonymity with this, you have access to someone who can help you receive the appropriate counseling and follow up. If you are interested in having an HIV test done, please ask us. We can administer this test or fer you to a clinic for anonymous testing. The choice to have an HIV test is yours