

I'd like to talk to you about HIV and HIV testing, particularly about HIV testing with the OraQuick® rapid HIV test. We'll talk about what HIV is, how it's passed, and how it can be prevented. We'll also talk about HIV testing and the benefits and consequences of testing. If you are confused by anything that I say, feel free to ask for me to explain, but I may hold off some of your questions until later. Do you have any questions before we begin?

What can you tell me about HIV? (Definition of HIV/AIDS)

- HIV stands for the Human Immunodeficiency Virus.
- HIV is the virus that causes AIDS.
- AIDS stands for the Acquired Immune Deficiency Syndrome.
- HIV and AIDS are related, but they are not the same thing. When you get HIV, your body can get diseases easily, diseases which it could normally fight off, because your immune system gets damaged. Your immune system is what normally works to keep you healthy. When you get these diseases, you're said to have developed AIDS.

What can you tell me about how people get HIV? (HIV Transmission)

- HIV is passed from person to person—from an infected person to an uninfected person.
- HIV can be passed by certain body fluids: blood, semen, vaginal fluids, and breast milk.
- HIV can be passed through sex – anal, oral, or vaginal sex— or by sharing injection-drug needles. Also, a mother who has HIV can pass HIV to her baby during birth or breast feeding. The more often you share needles or have sex without condoms, the greater your risk of getting HIV.
- HIV cannot be passed through sweat, saliva, or tears. You cannot get HIV through “everyday” contact, such as touching, holding hands, kissing, sharing dishes, or sharing a bathroom.
- Anyone can become infected with HIV.

Do you know how to prevent getting HIV? (HIV Prevention)

- HIV can be prevented by using condoms for sex or not having sex, not sharing equipment and needles, or by cleaning injection-drug needles and equipment with bleach and water. Also, pregnant mothers who have HIV can take medications to reduce the risk of passing HIV to her unborn child and can make sure not to breast feed after the child is born.
- There is no cure or vaccine for HIV, but treatment is available.

How can you tell if someone has HIV? (HIV Testing)

- The only way to tell if someone has HIV is to take an HIV test.
- Even once people have gotten HIV; it may be 5-10 years or more before they have any symptoms. Someone can look at feel completely healthy and yet have HIV.
- Many people are HIV infected and do not know it. These same people, however, can pass HIV on to others.

Why do you think someone might want to get tested for HIV? (Benefits of Testing)

- Relieve the worry/stress of not knowing
- You can get early HIV treatments, if you discover that you have HIV
- You can get the appropriate treatment from your doctor
- If someone finds out they have HIV, they can take steps to prevent giving it to someone else

Why do you think someone might not want to get tested for HIV? (Consequences of Testing)

- The testing process and test results may be stressful
- There have been problems in the past getting certain types of jobs and certain types of insurance for people with HIV, but there are programs available now to help people with those issues.

Do you know how an HIV test works? (HIV Testing)

- HIV tests check for antibodies against HIV.
- Antibodies are made by your body to help fight infection, and antibodies are a marker for having a specific disease or infection, like HIV.
- HIV antibodies are made up to several months after being infected with HIV, so it might be as long as 3-6 months after getting HIV before an HIV test would detect them. So, if you are worried you might have gotten HIV in the last 3 months, you might want to think about getting another test 3 months from now.

Do you know what kinds of HIV tests are available? (Rapid HIV Testing)

- There are two main types of HIV tests: standard and rapid.
- Standard tests usually take 1-2 weeks to get test results, and often use a sample of blood taken from your arm.
- Rapid tests allow you to get a preliminary test result the same day. With the OraQuick® rapid HIV test we're offering today, we will use a small finger prick of blood, and the test will run for about 20 minutes, so you can get your results before you leave. The way the test works is this:
 - I will clean your finger with an antiseptic wipe and prick it with a lancet
 - I will take a drop of your blood with a small loop
 - I will mix this blood in a solution and then take it to be tested
- There are 3 possible test results: negative, preliminary positive, and invalid
 - A negative test result means that no HIV antibodies were found in your blood. However, if you have been exposed to HIV within the last three months, this test would not detect it. So, you may want to think about having another HIV test a few months from now if you think you may have been exposed to HIV.
 - A preliminary positive means that the rapid test detected HIV antibodies in your blood, but it is not the final answer. You need a second test to confirm the results. It will probably take about one week to get these confirmatory results.
 - Although rare, an invalid test result means that there was a problem with the test itself, and is not related to whether or not you have HIV. A second test will need to be performed in order to know if you're HIV infected.

Recap:

- HIV causes AIDS, but they are not the same
- HIV can be passed from person to person through sex without a condom or sharing needles
- HIV can be prevented by using condoms, not having sex, not sharing needles, or using clean needles
- There are many benefits to being tested for HIV
- With the OraQuick® rapid HIV test, you can find out your results the same day, however a preliminary positive test result will require a second test to confirm the results