

Anonymous HIV Testing Centres

Hassle Free Clinic

66 Gerrard Street East
(416) 922-0603 (Men)
(416) 922-0566 (Women)
By appointment only
www.hasslefreeclinic.org

Immigrant Women's Health Centre

489 College Street Suite 200
(416) 323-9986

Planned Parenthood of Toronto: The House

(13-29 years old)
36B Prince Arthur Avenue
(416) 927-7171

Rexdale Community Health Centre

8 Taber Road
(416) 744 0066
By appointment only
www.rexdalechc.com

Rexdale Youth Resource Centre

(14-25 years old)
1530 Albion Rd
416-741-8714
www.rexdalechc.com

Women's Health in Women's Hands

2 Carlton Street Suite 500
(416) 593-7655
By appointment only
www.whiwh.com

Teen Sex Info Line (416) 961-3200

Websites:

www.avert.org

www.sexualityandu.ca

www.toronto.ca/health/sexualhealth

Should I get tested?

How do I know if I should get tested?

Get tested if:

- You're sexually active (this includes oral sex)
- You've shared needles
- You're pregnant or planning to get pregnant
- You're a tuberculosis patient

What's an HIV test?

When you get an infection, your body produces special proteins called antibodies to fight the infection. The HIV blood test checks to see if your body has produced any HIV antibodies.

When should I get tested?

Because it can take up to 6 months for the test to detect antibodies you should get tested 2 months after your last possible exposure to HIV and then get tested again after 6 months

What does it mean if I test positive?

A positive test means you have HIV. It doesn't mean you have AIDS.

Is there a cure for HIV/AIDS?

No, there's no cure for HIV or AIDS.

If there's no cure for HIV/AIDS why should I get tested?

Getting tested is the only way to know if you're HIV-positive. Knowing your HIV status helps protect yourself and your partners. Also, if you're HIV-positive you might need to take medication to keep you as healthy as possible.

Do I have to tell anyone the results?

You can take an anonymous test without giving your name. If you test positive, and start to receive health care for HIV infection, your name may be reported to Toronto Public Health. These records are kept confidential.

HIV/AIDS – The Facts

How do people get HIV?

HIV

Human Immunodeficiency Virus (HIV) is a virus that damages human immune cells and causes AIDS. Someone can have HIV for many years before AIDS develops.

AIDS

Acquired Immune Deficiency Syndrome (AIDS) is a medical condition that a person develops because HIV has damaged his/her body's natural defense systems.

Status

Some people live with HIV for many years without feeling or looking sick. The only way to know whether you are infected with HIV is to get tested. Someone who is diagnosed with HIV is said to be HIV-positive.

Treatment

HIV is a retrovirus. The drugs used to treat HIV are called antiretroviral medicines. Highly active antiretroviral therapy (HAART) involves using a combination of these drugs to treat and control HIV.

HIV can only be transmitted 3 ways:

Sexual transmission

–through the exchange of infected sexual fluids including vaginal fluid and semen

Blood-to-blood

–through sharing of needles or transfusions

Mother-to-child transmission

–through the birthing process or breastfeeding

You CAN get HIV from:

- ❖ Unprotected sex (vaginal, anal, oral)
- ❖ Breast feeding
- ❖ Blood transfusion
- ❖ Sharing needles (injecting drugs, tattooing, piercing)

You CAN NOT get HIV from:

- ❖ Sharing food or drinks
- ❖ Holding hands
- ❖ Sharing a toilet
- ❖ Hugging
- ❖ Sneezing/coughing
- ❖ Sharing cups, plates, cutlery
- ❖ Insect bites
- ❖ Sharing clothes
- ❖ Playing sports

Remember:

- Use latex condoms when having sex to protect yourself and your partner from HIV and other sexually transmitted infections. Never share sex toys.
- Never share toothbrushes or razors. HIV can be spread through fresh blood on these items
- Never share needles. Use sterilized needles whenever getting a piercing or tattoo.
- If you are pregnant talk to your doctor about getting tested for HIV. There are treatments that HIV-positive pregnant women can take to reduce the risk of infecting their baby.
- Developed countries such as Canada screen all blood used in medical procedures for HIV and other infections.