



Should I Get  
**TESTED?**

Helping You  
Make the Right  
Choice About  
HIV Testing

**CHCA**  
COMMUNITY  
HEALTH CENTERS  
OF ARKANSAS

[www.chc-ar.org](http://www.chc-ar.org)



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# What is HIV?

**HIV stands for human immunodeficiency virus.** If HIV isn't treated, it can lead to AIDS (Acquired Immunodeficiency Syndrome). AIDS attacks your immune system and makes it harder to fight off serious infections or diseases. If you're at risk, **you need to get tested. It's the only way to know if you have HIV and avoid giving it to other people.**

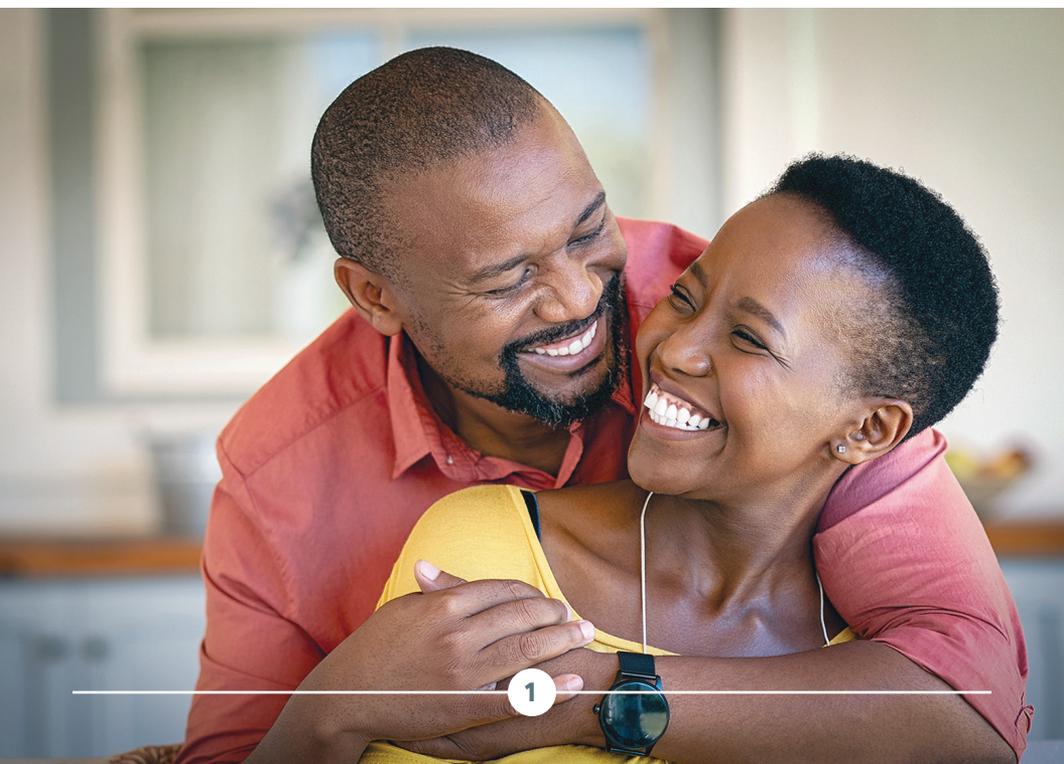
## HOW COULD I GET HIV?

You can get HIV from someone through these body fluids:

- Blood
- Fluids exchanged during sex
- Breast milk and other fluids exchanged between a mother and baby during pregnancy

## YOU CANNOT GET HIV:

- From a blood transfusion because it has been tested and is safe to use
- By touching or kissing someone with HIV



# How many Arkansans have HIV?

## HIV is a serious issue in Arkansas:

- More than 6,000 people have HIV.
- And another 1,000 people may have HIV and not know it because they have not been tested.

# What is my risk for HIV?

## If you share body fluids with someone else, you can get HIV.

This could happen if you:

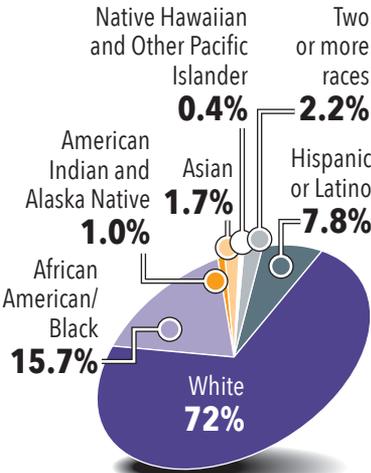
- Have sex of any kind (oral, vaginal or anal)
- Share needles or syringes
- Get cut or poked by an unsterile needle or knife



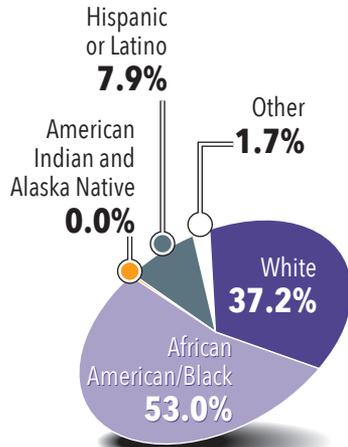
**These factors put many people at risk.** Some members of different groups within Arkansas have even higher risk. For example, more African Americans get HIV than all other racial and ethnic groups combined.

- Out of 25 Arkansans, only four are African American
- Out of 25 new HIV cases in Arkansas, about 13 are in African Americans

## ARKANSAS POPULATION BY RACE AND ETHNIC GROUP



## NEW HIV CASES BY RACE AND ETHNIC GROUP



# Should I get tested for HIV?

**Everyone with risk should be tested for HIV.**

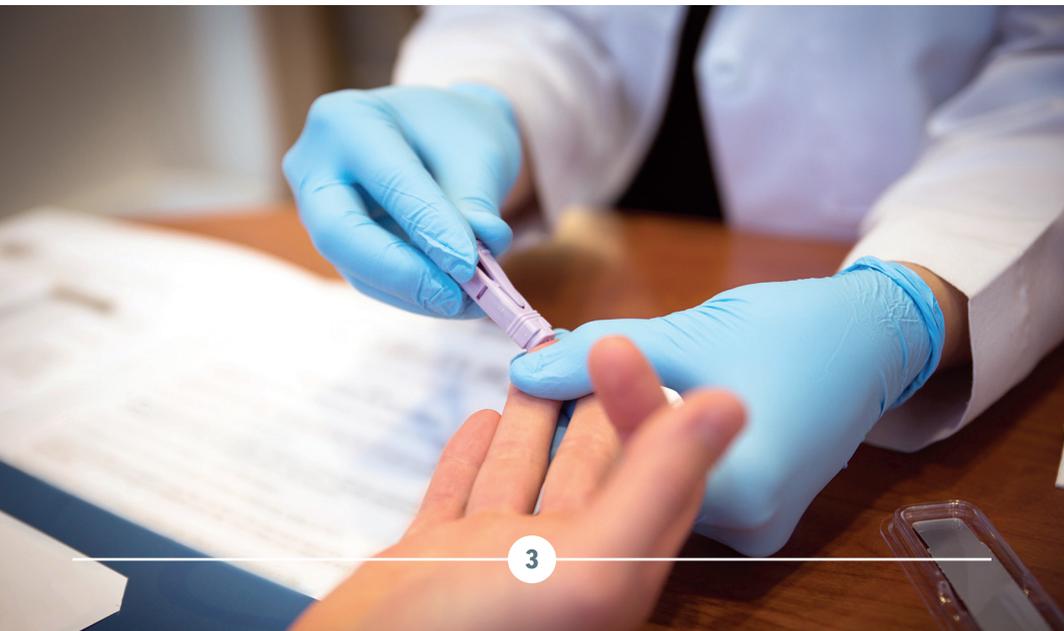
Ask your doctor to do this at your next wellness exam. Or, see below for more options.

## HOW OFTEN SHOULD I GET TESTED?

You should get tested for HIV **at least 1 time a year** if you do things that make you more likely to get HIV. You may be more likely to get HIV if you:

- Are a man that has sex with another man
- Had anal or vaginal sex with someone you know has HIV
- Have had more than one sex partner since your last HIV test
- Have shared needles, syringes or other things to inject drugs
- Have had sex for drugs or money
- Have another sexually transmitted disease
- Have hepatitis or tuberculosis (TB)
- Have had sex with someone whose sexual history you don't know
- Have had sex with someone that's also more likely to have HIV

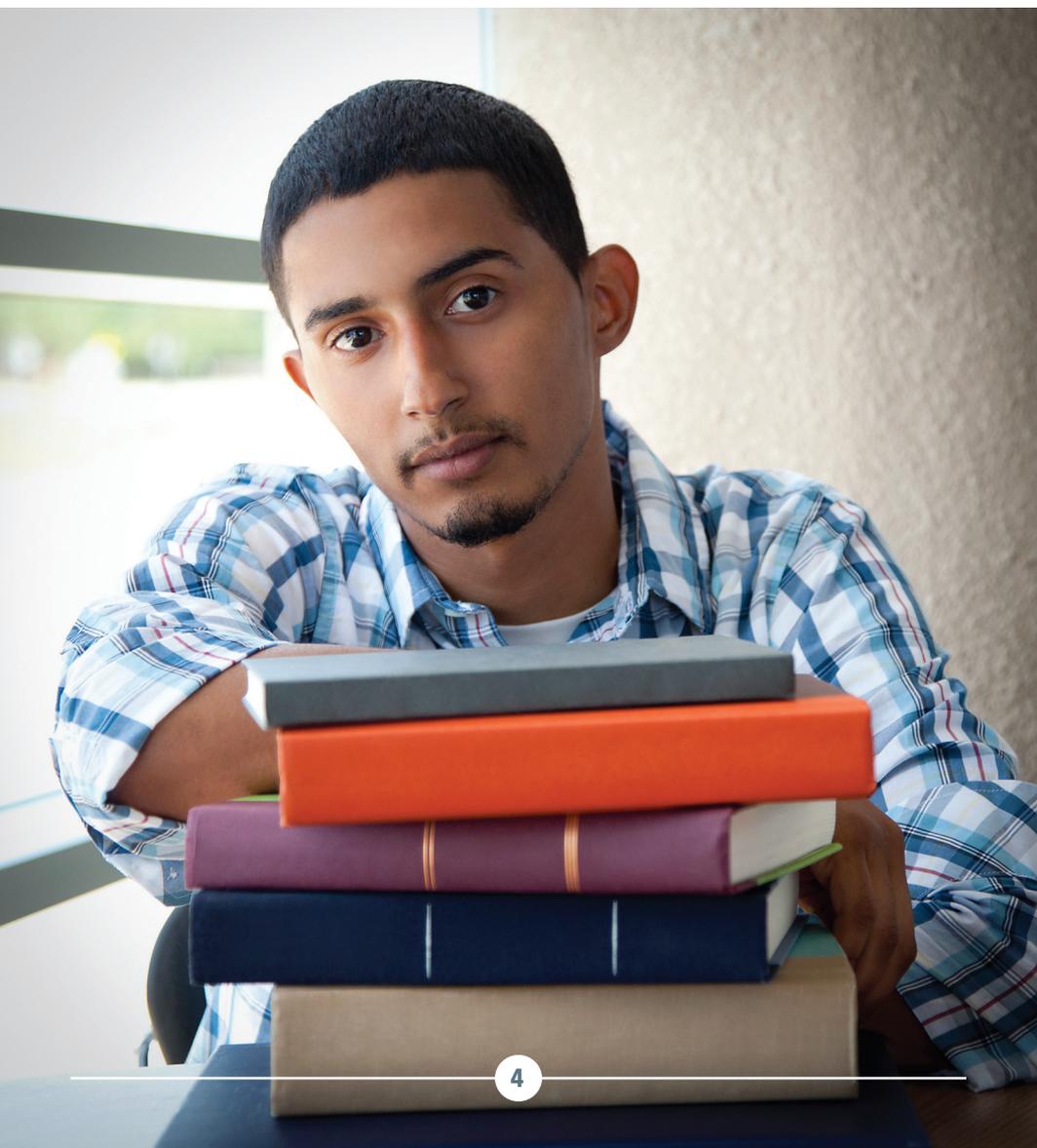
You may need to get tested more often. Ask your doctor how often you should get tested.



# Why should I get tested for HIV?

**Getting tested is the only way to:**

- **Find out your HIV status so you can get the care you need.** If you do have HIV, you need to know, so you can improve your chances for a long, healthy life. There's no cure for HIV, but taking medicines every day will slow the spread of the virus.
- **Lower your risk of giving HIV to someone else.** If you know you have HIV, you can do things to keep your friends and loved ones from getting it.



# Where do I get tested for HIV?

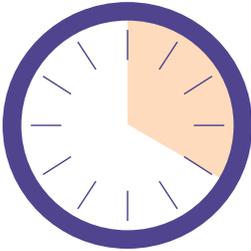
## You can get tested for HIV at:

- Your regular doctor's office
- To find a Community Health Center visit [www.chc-ar.org/health-center-list](http://www.chc-ar.org/health-center-list) or call **501-374-8225**.
- The Arkansas Department of Health (ADH) local health units.  
To find a unit, visit [www.healthy.arkansas.gov/local-health-units](http://www.healthy.arkansas.gov/local-health-units) or call **1-800-462-0599**.

# What is an HIV test like?

To get tested, a health care worker will take a sample of blood (through a vein or finger prick) or do a swab of your mouth.

Ask your testing site how long your results will take. You could get results in:



**15-20 minutes**  
**if your clinic**  
**gives you**  
**a rapid test**

SEPTEMBER						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

**1-3 days**  
**if your clinic**  
**uses a test that**  
**they send to a lab**

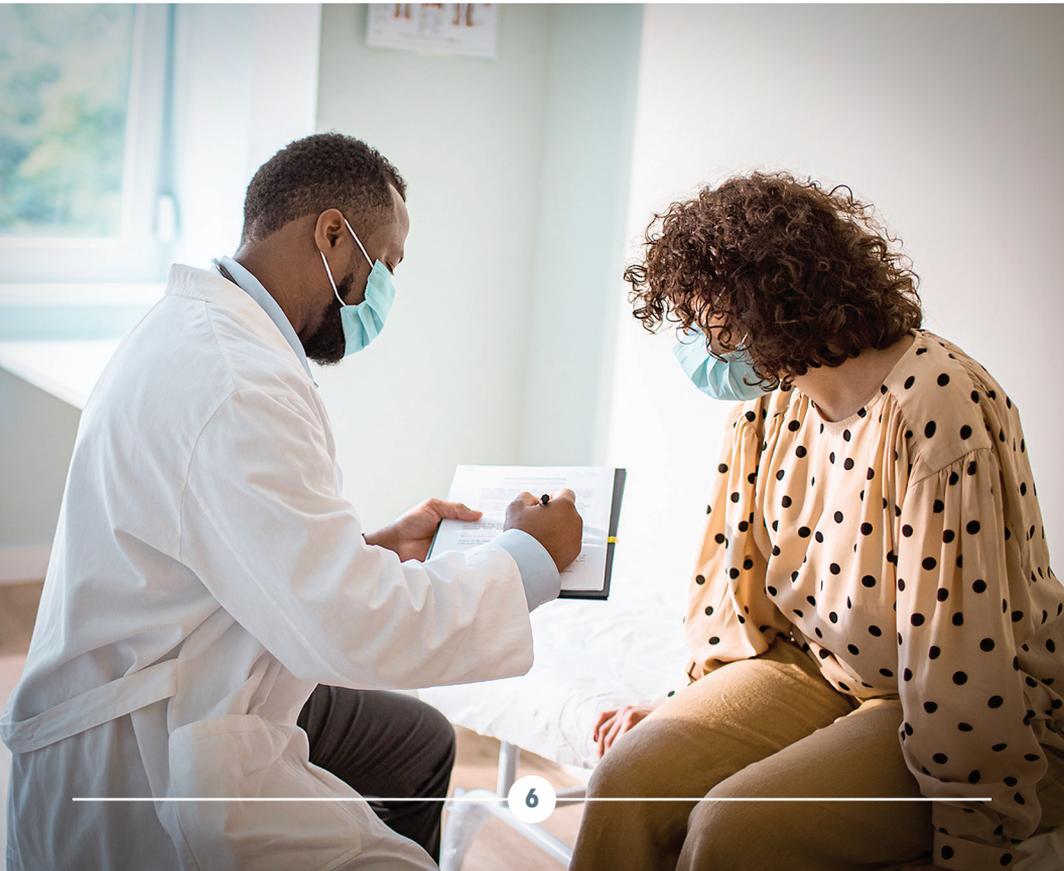
# How much does it cost to get tested for HIV?

**You can get an HIV test at little or no cost to you.** Ask your doctor's office how much a test would be for you. If you don't have insurance:

- Community Health Centers offer free or reduced-price testing, based on your income.
- Many ADH local health units offer free testing.

# Should I be worried that people will see me getting an HIV test and tell other people?

**Don't worry about people seeing you at the clinic, because they won't know why you're there.** The places you might go for an HIV test also offer all kinds of health services.



# What will happen if a test shows I have HIV?

## If you have HIV:

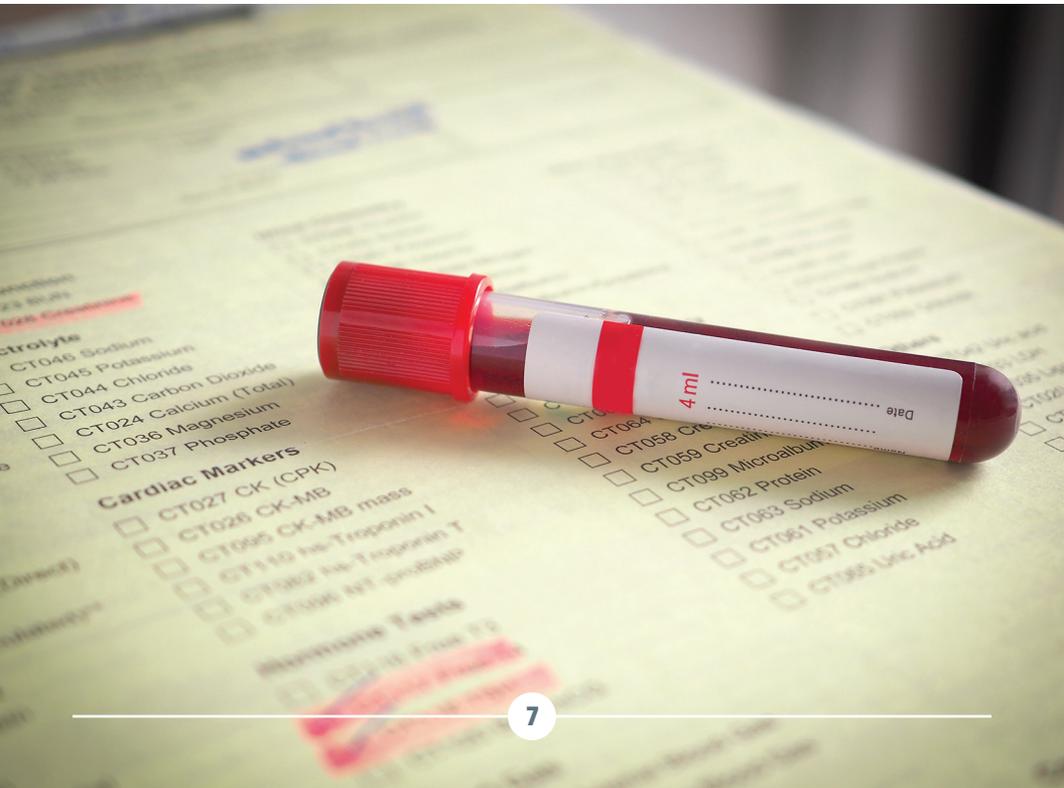
- You will know your status and be able to:
  - Get the lifesaving treatment you need
  - Protect those you love
- ADH will get in touch with you to help you get and pay for treatment and other support services through the Ryan White HIV/AIDS Program.

To learn more about this, visit [www.healthy.arkansas.gov/programs-services/topics/ryan-white-program](http://www.healthy.arkansas.gov/programs-services/topics/ryan-white-program).

To learn more about treating HIV, visit [www.hiv.gov/hiv-basics/staying-in-hiv-care/hiv-treatment/hiv-treatment-overview](http://www.hiv.gov/hiv-basics/staying-in-hiv-care/hiv-treatment/hiv-treatment-overview).

## WILL ANYONE FIND OUT ABOUT MY HIV TEST AND RESULT?

The testing site can only let ADH know that you have HIV. ADH cannot tell anyone else.



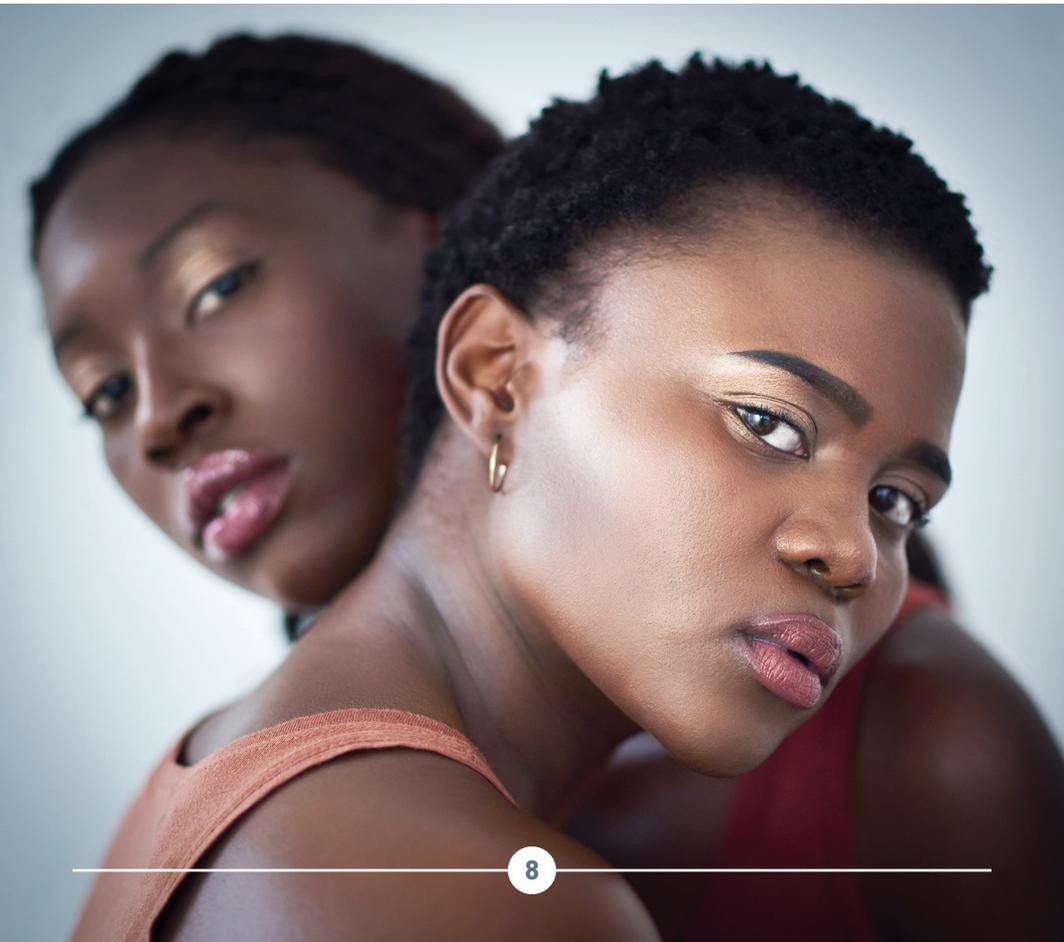
# How do I keep from getting HIV?

## The best ways to keep from getting HIV are:

- To not have sex
- Practice safe sex
  - Use a condom
  - Limit your number of sex partners
- Don't inject (shoot) drugs or share needles

You can also take medicines that lower your chances of getting HIV. They're called **pre-exposure prophylaxis** (pronounced: pro-w-fuh-lak-suhs) or **PrEP**.

Ask your doctor if these medicines are right for you. Community Health Centers, through the 340B program, offer PrEP medicine discounts for those in need.



# Points to Remember

**Most adults have some risk  
for HIV, depending on sexual activity  
and drug use.**

All races are impacted,  
but African Americans especially.

**If you have any risk,  
you need to get an HIV test.**

This is the only way to get the care  
you need and keep others from getting HIV.

If you have higher risk,  
you may need to get tested more often.

**You can find free  
or low-cost HIV testing  
no matter where you live:**

To find a Community Health Center  
near you, visit  
**[www.chc-ar.org/health-center-list](http://www.chc-ar.org/health-center-list)**  
or call **501-374-8225**.



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