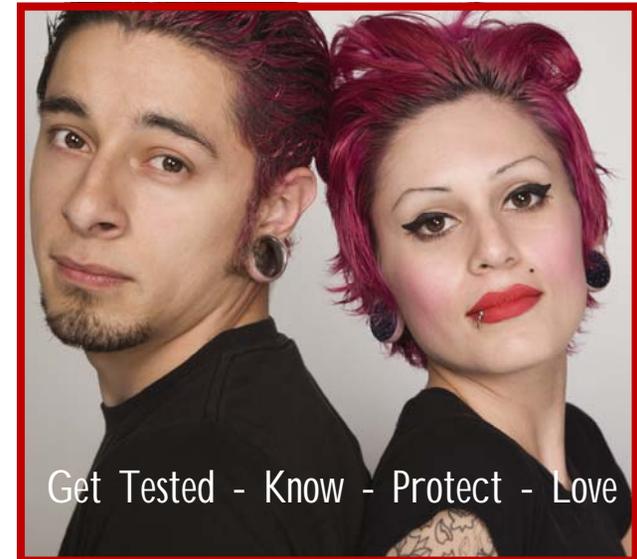




Confidential HIV Testing and Counseling



Get Tested - Know - Protect - Love

Jefferson County Public Health
303-239-7078
jeffco.us/public-health

Public Health, Every day, Everywhere, Everyone

For more information, please visit

Our website at

jeffco.us/public-health

Or contact:

Colorado AIDS Project

English/Spanish:

303-837-0166

www.coloradoaidsproject.org

Jefferson County Public Health

Lakewood Clinic
645 Parfet Street
Lakewood, CO 80215
303-239-7078
303-232-6301

jeffco.us/public-health

June 2015



EVERY 9.5 MINUTES



**SOMEONE IN THE U.S.
IS INFECTED WITH HIV**

>1 MILL ARE LIVING WITH HIV IN THE U.S.

1 IN 5 LIVING WITH HIV



ARE **UNAWARE** OF THEIR INFECTION

**GAY & BISEXUAL MEN
OF ALL RACES**



ARE THE MOST **SEVERELY
AFFECTED BY HIV**

**Call 303-239-7078 for a
confidential test.**

Public Health, Every day, Everywhere, Everyone

What is HIV?

Human Immunodeficiency Virus (HIV) is the virus that causes AIDS.

How is HIV transmitted?

A person can become infected when one of the following body fluids carrying HIV enters his/her body:

- Blood
- Semen
- Vaginal fluids
- Breast Milk

Body fluids can enter the body through:

- A cut, tear or break in the skin.
- A puncture with a needle or other tool.
- Tissues (mucus membranes) found inside the eyes, nose or mouth, inside the vagina, the lining of the anus and at the tip of the penis.

An HIV infected person can spread HIV to another person through:

- Vaginal, oral or anal sex
- Sharing needles or other tools for drug use, tattooing or body piercing
- Breastfeeding

How Can I Prevent Getting Infected?

Do not share works, including needles, syringes or cotton, if you use injectable drugs.

The only sure way of avoiding getting HIV from sex is to abstain from having sex. If you choose to have sex, latex condoms (rubbers) are good protection against the virus if they don't break or tear. When used correctly, latex condoms rarely break. Some important steps to follow to lower the chances of a condom breaking:



- Use a latex condom during anal, vaginal, and oral sex. Use a new condom for every act of sex.
- Use only water-based lubricants such as K-Y jelly, Prepair, or Wet. Apply lubricants as needed. Water-based lubricants dry out quickly.
- When putting a condom on, pinch the reservoir tip so that there is no air bubble when you unroll the condom.
- Try using the female condom.
- Keep condoms stored at room temperature. Do not expose them to temperature extremes. The latex can weaken.
- Do not use condoms that have expired. Condoms have a certain shelf life as latex breaks down over time.

Where can I get tested?

JCPH offers confidential HIV testing and counseling. That means that you provide your name, address and phone number to the test-site counselor, and this information is kept in your file. All information is protected.



Call 303-239-7078 for an appointment.

What happens when I get a test?

When you call to make an appointment at JCPH:

- A certified test-site counselor will go over your risks with you and answer your questions.
- The counselor will work with you to develop a plan to reduce and/or eliminate your risk factors.
- Rapid testing available!

Tests are only conducted one-on-one, and you can change your mind about testing at any time.

Results are only given in person.

Get tested and ask your partner to get tested. You'll feel better when you know you're both safe.