

## REMEMBER:

When you ask for the test, it isn't just for your own benefit. Getting tested shows that you care about your partner, your family and your community. Living a healthy life in Texas includes regular HIV testing.

**Call** 2-1-1 (toll-free)

**Visit** [www.knowmystatus.org](http://www.knowmystatus.org)

## OR TALK TO YOUR DOCTOR TODAY!

**KNOW MY *STATUS*.ORG**



**TEXAS**  
Health and Human  
Services

Texas Department of State  
Health Services

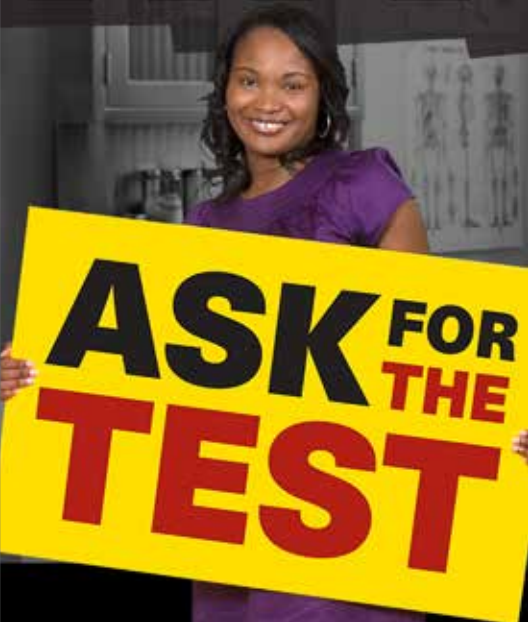
DSHS Stock No. 4-237 (Rev. 4/2017)

*Original Design by D.C. Department of Health*

# HIV AFFECTS US ALL.

1 in 5 of those infected don't know it.

The only way to know your status  
is to get tested.



# FAQ ABOUT HIV

## **How does someone get HIV?**

Most people get HIV through condomless sex, or sharing needles or other injecting equipment (also called “works”). HIV can be passed through blood, semen, vaginal fluid, and breast milk.

## **What are the symptoms?**

Some people have flu-like symptoms soon after getting infected, but many show no signs for years – another reason to get tested regularly.

## **How can I protect myself and my loved ones?**

1. Make sure you and your partner know where you stand:

- Do you both know your status?
- Is it just the two of you?
- If it's not, do you use condoms and/or pre-exposure prophylaxis (PrEP)?

Condoms can greatly reduce the risk of passing HIV when used correctly. PrEP is another way for people to prevent HIV infection by taking a pill every day.

2. If you use needles, don't share needles or works. Always use a new, sterile needle for every injection.

3. Pregnant women should always be tested for HIV. If a woman is HIV-positive, her doctor can treat her and her baby to keep the baby from being infected.

# HIV TESTING & TREATMENT

## **How often do I get tested?**

It depends. Everyone between ages 13 and 64 should be tested for HIV at least once. Think of it as a normal part of health care. If your doctor doesn't offer the test – ask.

Persons at higher risk for HIV need to be tested more often. Sexually active gay, bisexual, and other men who have sex with men should test every 3 to 6 months.

You should test at least once a year if you:

- Share needles and/or works
- Have sex with someone whose HIV status you don't know
- Have sex with more than one partner since your last HIV test
- Have sex with a partner who has had other sex partners since your last test
- Have had a sexually transmitted disease (STD)

## **What if I'm HIV-positive?**

There is no cure for HIV, but treatment and support are available – and it may even be free. If you find out you have HIV, see your doctor right away.