

## 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

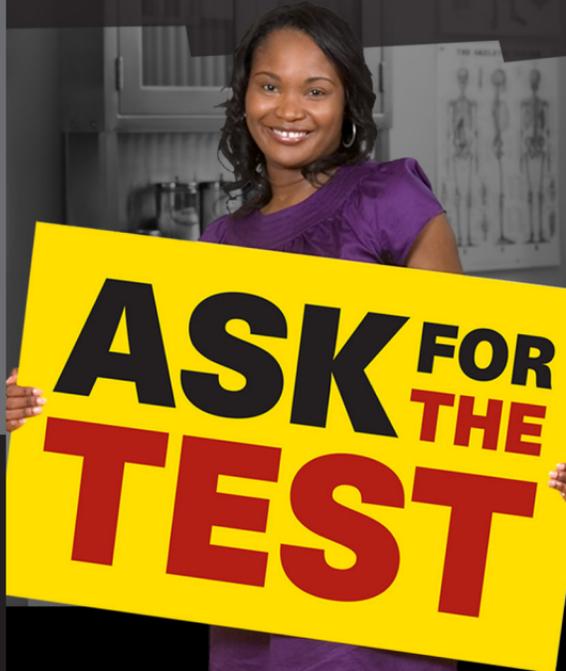
DSHS Stock No. 4-237 (Rev. 4/2017)

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.