



Testing for HIV



I may have been exposed to HIV. What should I do?

Get tested. The only way to know if you're infected is to get tested.

How do I get tested?

You have several options.

You can ask your family physician to order an HIV test.

Your doctor will order an HIV test, which requires a venipuncture to collect a blood sample. The results of this test will be available within a few days.

You can visit your local Counseling and Testing Site and they will perform a rapid HIV test that requires a fingerstick to obtain a drop of blood. The test results will be available within 20 minutes.

In both situations, an appointment may be necessary.

My HIV test result is negative. Does that mean I don't have HIV?

Not necessarily. It can take three to six months for the body to make enough antibodies to be detected for a positive test result.

Most people will develop detectable antibodies within two to eight weeks; the average is about 25 days. Follow-up testing is recommended three months after your last potential exposure.

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HIV Is Not Transmitted By:

- HUGGING.
- SHAKING HANDS.
- SHARING EATING UTENSILS.
- TOUCHING TOILET SEATS.
- TOUCHING DOOR KNOBS.
- THROUGH MOSQUITO BITES.
- WORKING OR PLAYING WITH SOMEONE WHO IS HIV POSITIVE.

Edurant

The United States Food and Drug Administration approved a new HIV medication, Edurant in May 2011.

Manufactured by Janssen Therapeutics,

Edurant is an antiviral medication approved for people starting HIV treatment for the first time.

Edurant works to stop the process of converting RNA to

DNA and prevents the production of new virus particles.

For more information, contact your family physician.

HIV Newsletter



Know Your Risk

The North Dakota Department of Health (NDDoH) has a survey, **Know Your Risk**, to aid in determining your risk of contracting HIV, other STDs and viral hepatitis. The survey only takes a few minutes to complete. The survey is

anonymous and confidential. After completing the survey, the areas putting you at risk will be identified. Each risk will give you additional information and provide you with information to lessen your chance of getting HIV, STDs or viral

hepatitis. At the bottom of the page is a form to submit any questions you may have. Questions will be answered by a NDDoH staff member. To take the survey, visit www.ndhealth.gov/knowyourrisk.

Consider Testing If:

- ◆ You have ever injected drugs.
- ◆ You are a male and had sex with another male.
- ◆ Have multiple sex partners.
- ◆ You shared needles with someone who is infected with HIV.
- ◆ You had a body piercing or tattoo with non-sterile instruments.
- ◆ You have ever had a sexually transmitted disease.
- ◆ You ever had anonymous sex partners.

Testing for HIV cont.

Until then, precautions should be taken as though you are infected.

What type of precautions should I take?

The HIV virus is spread through blood, semen, vaginal secretions and breast

milk of a person infected with the HIV virus.

HIV is prevented by making smart sexual health decisions; this includes practicing abstinence. Whenever you have sex, use a latex or polyurethane condom or dental dam for oral sex.

Use only water-based lubricants. Oil or petroleum-based lubricants can make condoms less effective; they may tear or break.

Never share needles.
Do not breastfeed if you are HIV positive.

**KNOWING
YOUR
HIV
STATUS
ALLOWS
YOU TO
MAKE
INFORMED
DECISIONS.**

HIV Newsletter

Where to Get Tested

Beach	Southwestern District Health Unit	701.872.4533
Bismarck	* Bismarck Burleigh Public Health	701.355.1540
	Heartview Foundation	701.222.0386
	UND Center for Family Medicine	701.751.9500
	University of Mary, Student Health Clinic	701.355.8288
	Upper Missouri District Health Unit	701.965.6813
Crosby	* Lake Region District Health Unit	701.662.7035
Devils Lake	Community Action and Development	701.227.0131
Dickinson	* Southwestern District Health Unit	701.483.0171
Fargo	* Fargo Cass Public Health	701.241.1360
	NDSU Student Health	701.231.7331
Grand Forks	* Grand Forks Public Health Department	701.787.8100
	UND Student Health	701.777.4500
	Valley Health	701.775.4251
Jamestown	* Central Valley Health District	701.252.8130
Lisbon	Ransom County Health Department	701.683.6145
Mandan	* Custer Health	701.667.3370
Minot	Community Action Partnership	701.839.7221
	* First District Health Unit	701.852.1376
	Minot State University Student Health	701.858.3377
New Town	* Elbowoods Memorial Health Center	701.627.4750
Rolla	Rolette County Public Health District	701.477.5646
Stanley	Upper Missouri District Health Unit	701.628.2951
Stanton	* Custer Health	701.745.3599
Valley City	Valley City State University	701.845.7212
Wahpeton	NDSCS Student Health	701.671.2286
	* Richland County Health Department	701.642.7735
Watford City	Upper Missouri District Health Unit	701.444.3449
Williston	* Upper Missouri District Health Unit	701.774.6400

* Free Hepatitis C testing also available.

