

What if I have it?

A health clinic or doctor can do a test for HIV. They will ask you questions about why you think you might have HIV. This talk is private. If you want to go ahead with the test, they will then take a small amount of blood and test it for the HIV virus.

There is no cure for HIV. If you have HIV there are things you can do, and medicine and tests you can take to keep you healthy. There are also people you can talk to, either by phone or in person at most of the services listed on the back of this pamphlet.

People you have sex with

If your test says you have HIV, it is really good to let people you have had sex with know they should be tested. If you are too shame, the clinic can do it for you without telling anyone your name. Don't share tattooing, injecting or piercing equipment.

Unlike most other STIs, there is no cure for HIV, so it is important that people get tested so they don't pass on the infection, and can take care of their body.

What if I don't know I've got it?

Because HIV often doesn't have any symptoms the only way to know for sure is to have a blood test.

Even if you don't think you have HIV, it is good to do things that don't put you or others at risk of catching it. So using condoms for sex, and not sharing tattooing, piercing or injecting equipment will keep you healthy from all STIs and hepatitis too.

For more information about HIV, ask someone at your clinic.

Where to get help

All the services listed will give you private help and are free:

Aurukun Primary Health Care Centre Ph: (07) 4060 6133	Malakoola Primary Health Care Centre Napranum Ph: (07) 4069 7459
Bamaga Sexual Health Clinic Ph: (07) 4090 4219	Mamu Health Service Innisfail Ph: (07) 4061 4477
Cairns Sexual Health Service Ph: (07) 4226 4769	Midin Clinic Atherton Ph: (07) 4091 6103
Coen Primary Health Care Centre Ph: (07) 4060 1166	Mt Isa District Sexual Health Service Ph: (07) 4744 4805
Gurriny Yealamucka Yarrabah Ph: (07) 4056 0100	Mulungu Aboriginal Medical Centre Mareeba Ph: (07) 4092 3428
Hope Vale Primary Health Care Centre Ph: (07) 4060 9171	Palm Island Sexual Health Service Ph: (07) 4752 5100
Injilinj Youth Health Mt Isa Ph: (07) 4749 5276	Pormpuraaw Primary Health Care Centre Ph: (07) 4060 4233
Kowanyama Primary Health Care Centre Ph: (07) 4060 5133	Thursday Island Men's and Women's Health Ph: (07) 4069 0413
Laura Primary Health Care Centre Ph: (07) 4060 3320	Townsville Aboriginal and Islander Health Services Ph: (07) 4759 4000
Lockhart River Primary Health Care Centre Ph: (07) 40607155	Townsville Sexual Health Service Ph: (07) 4778 9600
Mackay Aboriginal & Torres Strait Islander Community Controlled Health Service Ph: (07) 4957 9400	Weipa Sexual Health Program Ph: (07) 4082 3647
Mackay Sexual Health Service Ph: (07) 4968 3919	Wuchopperen Health Service Ph: (07) 4080 1000
Mapoon Primary Health Care Centre Ph: (07) 4090 9174	Wujul Wujul Primary Health Care Centre Ph: 4060 8239

CONTACT YOUR LOCAL HEALTH CENTRE

Please place Clinic Stamp/Address here:



HIV



Please do not litter

What is it?

HIV stands for Human Immuno-deficiency Virus. HIV is found in blood, semen (cum), vaginal fluid and breast milk of people who have HIV.

HIV

Sometimes when people first get HIV they have headaches, fever and flu like symptoms. This usually goes away without special treatment. People living with HIV may have no symptoms and feel well. They can pass it to anyone they have sex or share injecting equipment with.

HIV breaks down the body's natural defence against diseases and can cause damage to other organs in the body. Once someone has HIV they have it for the rest of their life.

Pregnant women living with HIV can pass it to the baby during pregnancy, birth or breastfeeding. It is good to have a check up for HIV if you are pregnant, or want to have a baby. There is a good chance the baby will not get HIV if the mother is on treatment.

How do you get it?

HIV can be passed on through sex without condoms and lube.

HIV can also be passed on by blood to blood contact (eg. sharing injecting, tattooing and piercing equipment such as needles, syringes, swabs, tourniquets and butterflies).

HIV can be passed on from mother to child.

Having a sexually transmissible infection can increase your chance of getting or passing on HIV. You can't get HIV from kissing, hugging, sharing cups and plates, insect bites, swimming pools, toilet seats, shaking hands or any everyday social contact. Condoms protect you from catching HIV.

The future

HIV is a serious infection that can cause sickness. There are many treatments for people living with HIV. With regular treatments and check ups, people living with HIV have full and productive lives.

Stay safe and be responsible by using condoms and lube; injecting, piercing and tattooing safely; and get a sexual health check up once a year.

People living with HIV need support, respect, care and acceptance in their community to have a healthy life.

Go to the clinic for a check up, a list of good places to go is on the back.

Having men's and women's health checks every year and using condoms and lube will keep you healthy and strong.



CONDOMS

Condoms stop STIs from spreading. Here's how to use a condom:



Check expiry date, check package is not damaged and open with care.



Pinch the tip so air doesn't get trapped.



Roll on when the penis is hard. Use water-based lubricant (lube).



When withdrawing hold the base of the condom so semen doesn't spill out.



Tie a knot and put it in the bin, not down the loo. It will block the pipes.