

**Portsmouth
Behavioral Healthcare
Services
Early Intervention
Services**

**I don't have
HIV or AIDS**

**You might think
you're sure but**

***Are you
positive?***



Prevention Tips:

- ◆ Practice safe sexual behaviors such as using condoms;
- ◆ Get tested and treated for sexually transmitted infections, including HIV;
- ◆ Avoid injecting drugs, or if you do, always use new and disposable needles and syringes;
- ◆ Ensure that any blood or blood products that you might need are tested for HIV.

“The important thing is this, just because I'm doing well doesn't mean that they're going to do well if they get HIV. A lot of people have died since I have announced. This disease is not going anywhere.”

***Magic Johnson
Former NBA Player and HIV Positive***

Get the Facts - Contact Us Today

**Portsmouth Behavioral Healthcare
Services**

Early Intervention Services

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Ron Murrel - HIV and AIDS Outreach

Specialist

**The Testing Process
It's as Easy as 1-2-3**

Most people assume that blood is involved in HIV Testing. PBHS Early Intervention Services Staff use oral swabs for testing and require no blood.

1. You just gently swipe the test swab along your upper gums once and your lower gums once.
2. Then you insert the swab inside the test tube provided
3. Get your results in just 20 minutes. (Information provided by OraSure website)

Once you get your results the Early Intervention Services Staff will provide you with information and support regarding prevention or treatment.

Statistics and Information about HIV and Aids



HIV and Aids affects everyone- men, women, the elderly, young people, African-Americans, Caucasians, Hispanics, Asians, as well as those who are straight or part of the LGBTQ communities.

- ◆ In 2009, African Americans comprised 14% of the US population but accounted for 44% of all new HIV infections.
- ◆ At some point in her lifetime, 1 in 139 women will be diagnosed with HIV infection. Black and Hispanic/Latina women are at increased risk of being diagnosed with HIV infection
- ◆ Gay and bisexual men are more severely affected by HIV than any other group in the United States (US).
- ◆ Young people aged 13–29 accounted for 39% of all new HIV infections in 2009.
- ◆ In 2005, Persons Aged 50 and Older accounted for 15% of new HIV/AIDS diagnoses

Should I get tested?

If you answer yes to any of these questions you should definitely get an HIV test.

- ◆ Have you injected drugs or steroids or shared equipment (such as needles, syringes, works) with others?
- Have you had unprotected vaginal, anal, or oral sex with men who have sex with men, multiple partners, or anonymous partners?
- Have you exchanged sex for drugs or money?
- Have you been diagnosed with or treated for hepatitis, tuberculosis (TB), or a sexually transmitted disease (STD), like syphilis?
- Have you had unprotected sex with someone who could answer yes to any of the above questions?

Both you and your new partner should get tested for HIV, and learn the results, before having sex for the first time.



Myths and Facts about HIV and Aids



“I’m straight and don’t use IV drugs – I won’t become HIV-positive.” 16% of men and 78% of women become HIV-positive through heterosexual contact

“If I’m receiving treatment, I can’t spread the HIV virus.” When HIV treatments work well, they can reduce the amount of virus in your blood to a level so low that it doesn’t show up in blood tests but it is still in your system and can be passed on to others.

“You can’t get HIV from oral sex.” It’s true that oral sex is less risky than some other types of sex. But you can get HIV by having oral sex with either a man or a woman who is HIV-positive.

“I don’t need to worry about becoming HIV positive – new drugs will keep me well.” Yes, antiretroviral drugs are improving and extending the lives of many people who are HIV-positive. However, many of these drugs are expensive and produce serious side effects. None yet provides a cure.