

WE R NATIVE. WE R TESTED.
WE R PROUD.



TESTING PROTECTS YOU AND THOSE YOU LOVE.

WHAT IS HIV?

HIV (Human Immunodeficiency Virus) is a virus that attacks and weakens the cells in your body that protect it from disease and infection.

WHO CAN GET IT?

Despite what many think, HIV can infect anyone. Young people are at particular risk. Half of new HIV infections occur among teens and young adults.

HOW DOES HIV SPREAD?

HIV is spread when infected body fluids from one person enter the body of another person. Pre-cum, semen, vaginal fluids, blood, and breast milk can all transmit HIV. HIV is most often spread during unprotected sex (anal, vaginal, or oral sex) or by sharing needles.

WHY GET TESTED?

Getting tested shows that you care about yourself and the people you love. If you have HIV, learning your status can help you preserve your immune system and live a long and healthy life. You are also doing your part to help end the epidemic. People who know their status are less likely to spread HIV.

WHAT IS INVOLVED IN STD/HIV TESTING?

- There is no single test that can screen for all STDs. They usually require a simple blood, urine, or saliva specimen.
- Many clinics offer rapid HIV testing where you can get your results within twenty minutes.
- Costs vary, but many clinics offer low-cost or free testing. You can ask when you make your appointment.



PROTECT YOURSELF.

- Use condoms every time you have sex. When used consistently and correctly, condoms are highly effective in preventing the spread of HIV and many other STDs.
- Avoid drugs and alcohol. Using drugs and alcohol can increase your risk of HIV infection by making you do things you normally wouldn't (like having sex or not using a condom).
- If you use needles, don't share them.
- Talk to your partner about condoms, testing, and your STD/HIV status. Plan the conversation, and start it before things get hot and heavy. Explain this isn't about trust. You've been reading up, and many people with STDs and HIV don't even know they have it.
- Get tested regularly, especially before starting a new relationship. And make sure your new partner does too.

FIND YOUR NEAREST TESTING SITE

- Get Yourself Tested (www.GYTNOW.org).
- Learn more at www.WERNATIVE.org or text NATIVE to 24587.