

June 27 is National HIV Testing Day (NHTD). HIV can make a person very sick, even cause death without getting treatment. Knowing the basics of HIV can prevent transmission and keep a person healthy. HIV **is** transmitted by sharing needles, sexual contact, during pregnancy, giving birth or breast feeding. HIV **is not** transmitted by sharing toilets, drinks, food, air, water, saliva, kissing, sweat or tears. Things to do in order to protect yourself from HIV is getting tested, use condoms every time you have sex, do not inject drugs, or share needles with anyone. If you do engage in risky behaviors that increase your chances of getting HIV, ask your health care provider about pre-exposure prophylaxis (PrEP). If you think you may have been exposed to HIV within the last 3 days contact your health care provider about post exposure prophylaxis (PEP). Post exposure prophylaxis can prevent HIV if it is started within 72 hours of exposure. Always get tested and treated for STDs. (cdc.gov)

HIV tests are quick, and painless. You can also get a self-test to use at home to learn your HIV status. If you are within the ages of 13-64 you should get tested for HIV at least once. You should get tested yearly if you are a man who has had sex with another man, if you have had more than one partner, you have shared needles, you have had sex with someone who has HIV, or you have another sexually transmitted disease, hepatitis, or tuberculosis, or you have had sex with someone that you do not know their sexual history. Sexually active gay and bisexual men would benefit from getting tested every 3-6 months. If your pregnant or planning to get pregnant get tested as soon as possible. (cdc.gov)

You can ask your health care professional where you can get tested or you can visit **gettested.cdc.gov** or you can call **1-800-CDC-INFO (232-4636)**. Most testing locations are free and confidential. If you are interested in purchasing, a self-test can be found online or at a pharmacy. If you have any further questions, please contact your health care professional.

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