

If Your HIV Test is Positive

It's hard to hear you're HIV-positive. There's a lot to think about and a lot of feelings to deal with, but remember, it's better to know than not to know.

When you get the care you need, you can live a longer, healthier life.

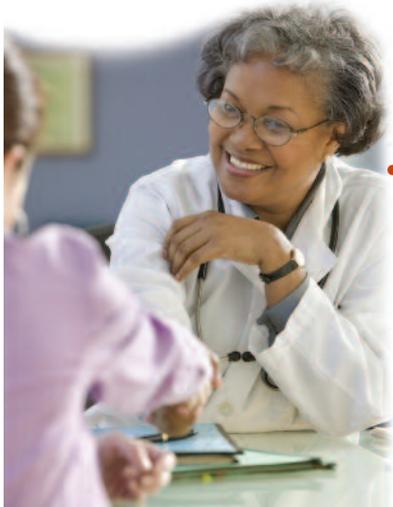
Help is Available

There are many good doctors who treat patients with HIV. Good medical care helps you stay healthy and live free of AIDS or other HIV-related problems.

If you are pregnant, it is especially important to see an HIV doctor. You can take medicine to help yourself and greatly reduce the chance of giving HIV to your baby.

Take Care of Yourself

- Get good medical care.
- Get help for depression, drinking, and/or other drugs.
- Use a male latex condom (or a female condom) for every sexual act.
- Talk to trusted family and friends—their support will help you.



Tell Your Partners

You do not have to do it yourself!

- Tell everyone you have had sex and/or shared needles with that they may have been exposed to HIV.
- If you prefer, The New York City Department of Health and Mental Hygiene can tell your partners. They will be told without ever using your name or revealing your identity.

What About Sex?

You can pass HIV to others during sex through your blood, semen, or vaginal fluids. Having sex can also expose you to other STDs and other strains of HIV.



If You Choose To Have Sex:

- Always use a male *latex* condom or a female condom whenever you have sex—vaginal, anal, or oral. *If you are allergic to latex, use condoms (including female condoms) made of polyurethane or other synthetic materials.*
- **DON'T** use condoms made of “natural” materials, like lambskin—these only prevent pregnancy, **NOT** HIV and other STDs.
- Limit the number of people you have sex with.
- Don't drink and/or take drugs when you have sex.
- Get tested and treated for STDs.

Protect Yourself and Others

The only way to completely avoid spreading HIV is by not having sex and not sharing needles and “works.”

But Also Remember:

- Do not share your toothbrush or razor.
- Do not share needles used to inject vitamins, or for piercing or tattooing.
- It is possible to transmit HIV through breast milk. Talk to your doctor before breastfeeding.

HIV is not spread by casual contact or by saliva, tears, urine, or sweat.

Call 311 for help and information on:

- Free, confidential (or anonymous) counseling and testing for HIV.
- Free or low-cost health insurance or medical care. Ask for the AIDS-Hotline.
- Depression, drinking, and/or other drugs. Ask for LIFENET (1-800-543-3638).
- Telling your partners. Ask for the Contact Notification Assistance Program (CNAP).

