

# Take the Lead. Get tested.

WHY?

## Early intervention means a healthier life

The key to living a healthy life with HIV is being diagnosed early and getting into the care of an HIV specialist. HIV+ people with a healthy lifestyle and a good diet combined with drugs can lead a full life for a long time.

## Knowing your status protects you and other people

If you know that you are HIV+, you can take steps to protect other people, including your partner. Knowing your status allows you to make informed decisions

## Knowing your status allows you to make informed decisions regarding your future and your life.

Knowing you are HIV+ allows you to take steps to protect your unborn baby.

## Now you can ask the right questions

Knowing your body is an important part of living a healthy life. Get tested for HIV and if you are positive ask the right questions.

## Know your status... And get the most from your doctor visits

When you're not feeling well, your doctor will be better able to treat you if he has all the facts. If he knows your status, he can address the special needs your HIV demands. . And it's up to you to get the most of your doctor Visits.

ME?

## If the answer to any of these is yes, you could be at risk.

Have you ever had "unprotected" sex (sex without a condom or other latex barrier)--oral, vaginal, or anal?

Have you ever had sex with someone who was an IV drug user or had HIV?

Have you ever had a sexually transmitted disease (STD) such as herpes, chlamydia, gonorrhea, trichomoniasis, or hepatitis?

Have you ever had an unplanned Pregnancy?

Have you ever been sexually assaulted (raped, forced or talked into having sex when you didn't want to)?

Have you ever passed out or forgotten what happened after you were drinking or getting high?

Have you ever shared needles or other equipment to inject drugs or pierce the skin?

Have you ever received a blood Transfusion?

Did your mother have HIV when you were born?



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## FOUR WAYS

There are only four ways to contract HIV:

Unprotected sex



Sharing infected needles



Exposure to HIV infected blood



Parent to child transmission



There is **NO** other way.

## HOW?

Testing is confidential.

If you go to get tested you will see a trained counsellor or health care worker in private. He or she will explain what the test involves and what the result means.

Normally a small sample of blood will be taken from your arm, and will be tested there and then, or will be sent to a laboratory and tested.

The test is always strictly confidential and only goes ahead if you agree. You will have to make a second appointment to get your results so, if necessary, you can receive counselling from a trained professional.

## WHERE?

You can receive a confidential HIV test and counselling at:

Deep Griha Society  
13 Tadiwala Road,  
Pune 411 001, India  
Phone: 020-26124382

[www.deepgriha.org](http://www.deepgriha.org)

for more info on HIV testing visit

[www.wakeuppune.org](http://www.wakeuppune.org)



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