

Am I at risk?

HIV is the *Human Immunodeficiency Virus*. HIV is the virus that causes AIDS

If you ...

- have had unprotected sex of any kind
- have shared needles or mouth pieces/pipes
- or if you think that you may have been exposed to HIV or any other sexually transmitted infection (STI)

... **YOU should get tested for HIV!**

What else do I need to know before I get tested?

A simple blood test is all you need. Any doctor, nurse practitioner, or midwife in Ontario can order an HIV test. Counselling should happen before and after every HIV test performed, regardless of your results. This is to:

- assess your risk for HIV
- make sure you fully understand the testing process
- tell you what you need to know if you do test positive for HIV
- make sure that you and those around you are safe



Questions?

Call us or stop by:

PARN - Your Community
AIDS Resource Network
159 King Street
Peterborough ON
Phone: 705-749-9110
OR 1-800-361-2895

For a testing site near you call
the AIDS and Sexual Health
Info Line: 1-800-668-2437



United Way
Peterborough & District
Change starts here.

WHAT IS YOUR STATUS



Where to go and what you need
to know to get tested for HIV.

What kinds of HIV Tests are available?

In Ontario, there are two ways to get tested for HIV: **nominal testing and anonymous testing.**

Nominal testing means you are tested using your own name.

If your nominal test is positive for HIV, the testing laboratory will report your HIV infection, your name, date of birth, gender, and contact information to Public Health. Your local public health unit will contact you for counseling and support, and will refer you to HIV-related services.

Anonymous testing means you are tested without having to give your name or personal information.

Most anonymous test sites use the rapid HIV test. The rapid test requires a drop of blood from a finger prick, and the test result is available in a few minutes.

If your rapid test is negative, it means HIV is not showing in your blood at the time of the test. It can take up to 3 months for HIV to show in your blood, and the counselor will talk to you about doing a follow-up test to make sure you are negative.

If your rapid test is “reactive” it means you are probably infected with HIV. **A second test is needed to confirm that you are infected.** The second test is still anonymous but you will be given an identification (ID) number to retrieve your results, which will take about 2 weeks. This test will confirm your HIV status.

Adapted from: HIV and AIDS Legal Clinic Ontario. (2013). HIV Testing. Retrieved from: <http://www.halco.org/areas-of-law/health/hiv-testing>

Where?	Nominal	Anonymous/ Rapid	Contact Information
Positive Care Clinic*	✓		Phone: 905-579-8711 ext. 3127 OR 1-866-303-2420 *Peterborough satellite location biweekly at PARN (Tuesdays and Thursdays, 9:00-4:00)
Peterborough County-City Health Unit Sexual Health & Travel Clinic	✓		Phone: 705-748-2021
Haliburton Kawartha Pine Ridge District Health Unit Sexual Health Clinic	✓		Phone: 1-866-888-HKPR (4577) Ext. 1205
Durham Regional Health Unit	✓	✓	Oshawa Sexual Health Clinic Phone: 905-433-8901 OR 1-800-314-8533 Pickering Sexual Health Clinic Phone: 905-420-8781 Port Perry Sexual Health Clinic Phone: 905-985-4891 OR 1-866-845-1868
Belleville Community Clinic	✓		Phone: 613-966-5513 ext. 243 OR 1-800-267-2803 ext. 243
Simcoe District Health Unit Barrie STD Clinic	✓		Phone: 705-721-7520 OR 1-877-721-7520 ext. 8376
Trent University Health Services*	✓		Phone: 705-748-1481 * Trent students only
Fleming College Health Services*	✓		Phone: 705-749-5557 *Fleming students only

The biggest risk is NOT knowing... Get tested!