



**YOUR
HEALTH.
YOUR
CHOICE.**

HIV Testing

Talk to your partner(s) about sexually transmitted infections (STIs) and your health before you have sex. You can pass on an STI without knowing you have it. During sex, you can use latex condoms to lower your chances of getting STIs.

What is an HIV test?

The Human Immunodeficiency Virus (HIV) antibody test is a blood test that tells if you have been infected with HIV. HIV is the virus that causes Acquired Immunodeficiency Syndrome (AIDS). Antibodies develop when you have a virus. The antibodies try to fight off the infection. The HIV antibody test does not tell you whether you have developed AIDS.

What does HIV positive mean?

If you have HIV antibodies in your blood it means you are infected with HIV. A positive result does not mean that you have AIDS. It does not tell you when you were infected, or if you will develop AIDS. It does mean that you can carry the virus in your blood, semen or vaginal fluids. You can pass the virus on to others through unprotected sex or sharing needles. Women can pass the virus on to their baby during pregnancy or while breast-feeding.

What does HIV negative mean?

If your HIV test result is negative it could mean that you are not infected. It could also mean that there hasn't been enough time for enough antibodies to have developed yet. It can take twelve weeks after you last had unprotected sex or after you shared a needle for antibodies to form in your blood if you have been infected. If you get tested too early, you won't know for sure if you are infected.

Should you get tested for HIV?

This is a hard choice to make. If you or your partner(s) have had unprotected vaginal sex (penis into vagina) or unprotected anal sex (penis into anus) or if you have shared needles or have had a blood transfusion before 1985, you may want to get tested for HIV. Talk to a doctor, nurse or counsellor to help you decide if you should take an HIV test. If you are pregnant, you should be tested because there are drugs that can be given to HIV positive pregnant women, which may protect the baby.

How do you get tested for HIV?

You can get a special blood test. Testing can be done two different ways: anonymous and nominal.

Anonymous Testing: When you have an HIV test done by anonymous testing, there is no way the test result can be traced to you. You make an appointment over the phone by giving a first name. You do not have to give your address, phone number or health card number. It usually takes about 2-3 weeks to get your test results. These results are not given over the phone. You have to return to the clinic to get your test results. Listed below are some anonymous testing clinics in Toronto.

Where can I get tested for HIV/AIDS?

Early testing and diagnosis for HIV can help delay or prevent the onset of life threatening illnesses. Many people with HIV look and feel healthy for years.

PLANNED PARENTHOOD TORONTO CHC	416-927-7171	Serves youth (ages 13-29)
ANISHAWBE HEALTH CENTRE	416-360-0486	Serves the native community
BAY CENTRE FOR BIRTH CONTROL	416-351-3700	Serves women only
BIRTH CONTROL AND VD CENTRE	416-789-4541	
HASSLE FREE CLINIC	416-922-0566 416-922-0603	Women Men
QUEEN WEST CHC	416-703-8482	Wed. and Thurs. only
SHOUT CLINIC	416-927-8553	Serves youth

If you need further information or would like to book an appointment, call:

Planned Parenthood Toronto Health Services for youth ages 13 to 29. 416-927-7171. Health Services offers same-day, scheduled and drop-in appointments. For more information visit www.ppt.on.ca.

Women's Programming at the Bay Centre for Birth Control for women of all ages at 416-351-3700.

Youth can also access information about sexual health by calling the Teen Sex InfoLine at 416-961-3200 or chat live using MSN messenger at spiderbytes@hotmail.com from 4 p.m. to 9 p.m. Monday to Wednesday and 12 noon to 6 p.m. Saturday and Sunday. You can also email us a question anytime at askus@spiderbytes.ca or visit www.spiderbytes.ca.

It is important to use condoms or a latex barrier with sexual partners to decrease the risk of getting a sexually transmitted infection.