

TEST YOURSELF FOR HIV!



Texts base on information
of Deutsche AIDS-Hilfe
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Responsible in the sense of
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The viral load of HIV-positive people who do not get treatment is usually very high. Bodily fluids that are very likely to transmit HIV are: blood, semen, breast milk, and the liquid film on the mucous membrane of the rectum and vagina.

Saliva, sweat and tears do not transmit HIV. In these substances, the viral load is too low. There is no risk of transmitting HIV when kissing, hugging, in the sauna or when sharing a toilet.

If the viral load is suppressed thanks to HIV treatment, the sexual partners of HIV-positive people can not become infected even during sex without a condom.

HIV-positive women who take HIV medications can give birth to healthy children.

HOW CAN YOU PROTECT YOURSELF?

- Condoms give a reliable protection against HIV during vaginal and anal intercourse and also reduce the risk of transmission of other sexually transmitted diseases.
- Successful HIV treatment of the HIV-positive partner will protect their sexual partner from getting HIV „treatment as prevention“.
- Taking HIV pre-exposure prophylaxis (HIV-PrEP) can prevent HIV infection during sex. The HIV-PrEP does not protect against other sexually transmitted diseases.
- If injecting drugs, you can protect yourself by practicing “safer use”. Do not share syringes and cannulas with others!

Further information on the correct use of condoms or female condoms (femidom), “treatment as prevention”, on HIV PrEP and on “safer use” can be found on the website of the Deutsche AIDS-Hilfe (German AIDS aid):
www.aidshilfe.de

WHERE CAN I FIND MORE INFORMATION ABOUT HIV AND OTHER SEXUALLY TRANSMITTED DISEASES?

Deutsche AIDS-Hilfe (German AIDS aid) – DAH

www.aidshilfe.de Information about HIV/AIDS, hepatitis and other sexually transmitted diseases. Free information materials. Addresses of AIDS help centers, test locations and self-help contacts.

www.aidshilfe-beratung.de Counseling services of the AIDS help centers concerning HIV/AIDS, hepatitis and venereal diseases. Anonymous. In a private chat (online) or by phone.

You can reach the AIDS help centers by the nationwide number **0180 33 19411**. Monday to friday from 9 a.m. to 9 p.m., saturday and sunday from 12 p.m. to 2 p.m. 9 cents per minute from the German landline, a maximum of 42 cents per minute from German mobile networks.

DAH in social media

Facebook: @deutscheaidshilfe
Twitter: @DT_AIDS_Hilfe
YouTube: Deutsche AIDS-Hilfe

www.magazin.hiv: News, background information, debates, personal stories and strong pictures about HIV, hepatitis and venereal diseases

Federal Center for Health Education (BZgA)

www.liebesleben.de Information and materials about HIV/AIDS, hepatitis and venereal diseases, on sexuality and safer sex, prevention methods and materials, advice center finder

AN HIV- TEST LETS YOU KNOW



Information about the HIV self-test

WHAT IS HIV? WHAT IS AIDS?

HIV stands for human immunodeficiency virus. HIV attacks and destroys the infection-fighting cells of the immune system which in turn weakens their ability to fight pathogens and damaged cells.

If not treated, the immune system will become weaker over the course of several years which will lead to that HIV-positive people often get diseases and viruses, which people with a properly functioning immune system would not.

AIDS (acquired immune deficiency syndrome) is the most advanced stage of HIV infection and people are generally diagnosed with AIDS when they get serious and in some cases life threatening diseases including pneumonia or certain tumors such as the Kaposi's sarcoma.

AIDS CAN BE PREVENTED

HIV infection is – if it is recognized in time – easy to treat. The medications are usually well tolerated. If side effects occur, one can switch to other HIV medications. HIV treatment blocks the proliferation of viruses in the body's cells. The viral load decreases so much within the first weeks of treatment that it can no longer be detected in the blood using the usual measuring methods.

The result: the immune system recovers and life expectancy is almost as high as for people who don't have HIV. Since hardly any HIV viral load is found in the body, HIV can't be transmitted even during sex without condoms.

MANY PEOPLE DON'T KNOW THAT THEY ARE HIV-POSITIVE

In Germany, about 13,000 people are unaware of that they are HIV-positive. An HIV test followed by HIV treatment can prevent the harmful effects of HIV (this damage can start developing unnoticed) or the possible outcome that people even die of AIDS. Testing and treatment can also protect sexual partners from getting HIV.

HIV TESTING IS EASY AND SAFE

One single drop of blood is sufficient for the **Exacto® HIV self-test**. The test measures if there is a lack of HIV fighting antibodies. Antibodies can be detected with self-tests earliest 12 weeks after infection.

HIV can therefore be reliably diagnosed with the self-test only if the test is carried out at the earliest 12 weeks (3 months) after the last time that you suspect having been exposed to HIV (i.e. if there was no HIV exposure in the 12 weeks prior to the test).



THE Exacto® HIV SELF-TEST

The **Exacto® HIV self-test** is an test for home use recommended by the German AIDS aid.

PERFORMANCE AND PROPERTIES OF THE TEST

- 99,9 % reliability
- Easy to use with only one drop of blood
- Fast result within 10 minutes



www.hivtest-exacto.de

A POSITIVE TEST MUST BE CONFIRMED

If the test indicates a positive result, the result should be controlled, e.g. at a sexual health clinic or at a HIV clinic run by charities.

In rare cases (about one in a thousand tests), the test falsely shows a positive result even though you are not HIV-positive. With a confirmation test, you can confirm or rule out acquired infection.

HIV INFECTION SHOULD BE TREATED IMMEDIATELY

If an HIV infection is confirmed, it is best to start HIV treatment right away to maintain good health, preferably in a specialized HIV clinic or at a outpatient clinic for infections.

HOW IS HIV TRANSMITTED?

HIV can only be transmitted

- during sex if a sufficient amount of viruses comes in contact with the mucous membranes (the vagina, the rectum, the inside of the penis' foreskin or at the external urethral orifices). Unprotected vaginal intercourse and unprotected anal intercourse pose a high risk for HIV transmission – for both partners. Oral sex, however, has a very low risk of HIV transmission.
- when injecting drugs. This way, the virus can enter the blood directly if sharing syringes and cannulas with HIV-positive individuals.
- during pregnancy, by giving birth or from breastfeeding. The virus can be transmitted from the mother to the child via blood or breast milk.