

FOR MORE INFORMATION / CONSULTATION:

Internet: [www.aidshilfe-beratung.de](http://www.aidshilfe-beratung.de) • Phone: 0180-33-19411 (Mon. to Fri. 9–21 h, Sat. to Sun. 12–14 h, 9 ct./min. on the German landline network, mobile phone tariffs may deviate)

Impressum: © Deutsche AIDS-Hilfe e. V., Wilhelmstr. 138, 10963 Berlin • Internet: [www.aidshilfe.de](http://www.aidshilfe.de) • E-Mail: [dah@aidshilfe.de](mailto:dah@aidshilfe.de) • 2011 (durchgesehener Nachdruck der 1. Auflage, 2009) • Bestellnummer: 044002 • Konzept und Text: Silke Klumb, Holger Sweers • Gestaltung: Demus Design & Kommunikation, Berlin • Druck: Prototyp Print GmbH, Wilhelmstr. 118, 10963 Berlin

## WHO WILL FIND OUT ABOUT THE TEST AND ITS RESULT?

If you decide to have the test done at the local public health department, you will not need to provide your name. Therefore no one will have access to this information. If you decide to go to your doctor's office, the test and the result will be entered in your records.

For statistic purposes, all positive test results will be reported to a central authority, this will however be done without passing on any names. All physicians, all staff at a medical office, public health consultants, AIDS-Hilfe-staff or interpreters are bound by professional discretion – they will not tell anybody whether you have come to see them and why.

## WHAT TO DO WITH THE RESULT?

If your test result is “negative”, you are not infected with HIV. A “positive” result means that you are infected, but it does not mean that you have or will have AIDS. The best idea is to see a physician with experience in treating HIV-patients, and to find out what you can do for your health, when to begin therapy, and how to protect others from being infected by you. Addresses of HIV-experienced physicians are available at the AIDS-Hilfe offices. If you do not have any health insurance, contact the local public health department to receive help anyway.

And by the way: HIV-infection does not affect your residence permit status. Nobody is forced to leave Germany due to HIV-infection.

## GOOD TO KNOW INFORMATION ON HIV-TESTING

[aidshilfe.de](http://aidshilfe.de)

Deutsche  
AIDS-Hilfe

## HIV – DOES IT CONCERN YOU?

HIV is a virus, which can cause AIDS, a potentially deadly disease, if it goes untreated. You may contract HIV, if you have unprotected sex with someone who already has this virus in his or her body, or if you share your kit with others when injecting drugs. HIV-positive women can infect their baby during pregnancy, during birth or while nursing.

After having been infected, you may still feel well for quite a number of years, even though the virus causes the body's immune system to become weaker and weaker. An HIV-test can show whether you are infected or not.

## LOTS OF GOOD REASONS TO DO AN HIV-TEST

- A test provides certainty: you no longer need to worry whether you've been infected or not.
- As soon as you know you've been infected, you can consult your physician – the sooner you begin with an appropriate therapy, the better. This way you can avoid contracting life-threatening diseases due to HIV-infection.
- If your test shows that you have not been infected with HIV, you can make sure you won't be infected in the future: by practising safer sex (mainly by using condoms during intercourse) and safer use (by not sharing syringes with others).

## WHY SHOULD I DO AN HIV-TEST?

- People who know that they have HIV don't infect others unintentionally, but can protect them by practising safer sex and safer use.
- If a woman has HIV, it is possible to avoid mother-to-child transmission by special measures – however, it is necessary to do a test before one can do so.
- If it turns out that you are infected, you can consider encouraging or asking partners and children to do a test, so that they can also be treated if necessary.

## HIV-TEST: WHERE AND HOW?

The best idea is to go to your local public health department; there is one in just about every mid-size and larger town. There you can do a test anonymously, without providing your name. In most cases, the test is either free of charge, or you may have to pay a small fee (about 10 Euros). Of course you may also go to a physician to have an HIV-test, but in this case you will have to provide your name. Additionally, the result will be entered into your medical record.

After an in-depth consultation (you may also come to the AIDS-Hilfe for this) you can decide whether you want to do a test or not. For the test a small amount of your blood is taken, which will then be analysed at a laboratory. After approximately one week you should return in person, to pick up your result.