

HIV is still here. Be in control. Know your status.

Why get an HIV test?

It is the only way to know your status.

If you test positive, you can start treatment sooner and still live a healthy and long life. The earlier you know the result, the better your health outcomes.

By knowing your status, you can better protect yourself and others.

Who should get tested?

You should get an HIV test if you:

- have not had an HIV test in the last 12 months
- have had sex without a condom in Australia or overseas
- have shared needles
- have had a blood transfusion overseas
- have had a piercing, tattoo or medical procedure using unclean tools
- have participated in cultural practices involving blood
- are concerned about possible past risks of exposure to HIV

What are the benefits of getting an HIV test?

If HIV positive you can:

- receive the best possible treatment and care
- still live a healthy and long life
- not transmit HIV when on treatment with undetectable HIV (not cure)

If HIV negative you can:

- continue to use condoms and avoid blood contact
- take HIV treatment "post-exposure prophylaxis (PEP)" or "pre-exposure prophylaxis (PrEP)" to prevent HIV if needed
- testing is not prevention - get tested regularly so you are aware of your status

Where to get an HIV test?

You can get a test in a safe and confidential environment at:

- your local GP clinic
- Sexual health clinics

**HIV testing is free and confidential.
Being HIV positive does not affect your
current visa and benefits received.**

For more information on testing, go to Ethnic Communities Council of Queensland:

Web: www.eccq.com.au/health
or call **07 3844 9166**

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**Ethnic Communities
Council of Queensland**