



HIV and AIDS

What is HIV?

HIV (**H**uman **I**mmunodeficiency **V**irus) is a germ that attacks and can destroy your immune system. Healthy immune systems fight germs.

The test for HIV shows if you have HIV in your blood.

- If you are HIV-positive, you **have** HIV. You may not have AIDS.
- If you are HIV-negative, you **may not have** HIV. It takes time to appear so get tested every 3-6 months.



What is AIDS?



AIDS (**A**cquired **I**mmune **D**eficiency **S**ndrome) is a disease caused when HIV destroys the immune system. A person with AIDS can get sick very easily. There is no cure for AIDS, but there are treatments.

Where can I be tested?

Please call one of the sites below to learn about their free HIV screening.

- Mobile Outreach Clinic 352-262-0162
 - Equal Access Clinic Network 352-327-8005
 - Healthstreet 352-294-4880
 - Planned Parenthood 352-377-0881
 - Alachua County Health Department 352-334-7960 (optional \$20 fee)
- Pride Community Center
 Sam Wesley Bail Bonds
 Walgreens (1120 E University Ave)
- } 352-334-7972 for the schedule

How is it spread?

A person with HIV can give it to another person through some body fluids.



- semen
- vaginal fluid
- breast milk
- blood

You cannot get HIV from saliva, sweat, tears, or urine.





How can I avoid getting HIV?

- **Use condoms for sex.** You can get free condoms at the bus.
- **Do not share needles or syringes.** HIV spreads through the blood.
- **Do not touch other people's blood.** Use gloves if you need to help someone with an injury.



You **can** shake hands, kiss, and hug an HIV-positive person.

You **can** share clothes, food, utensils, and bedding with an HIV-positive person.

You **cannot** get HIV from insect bites, water, or air.

How can an HIV-positive person avoid giving HIV?

- **Use condoms for sex.** Ask for condoms when you are in the clinic.
- **Limit sexual partners.** Have sex only with a stable partner.
- **Do not use drugs.** HIV spreads by sharing needles.
- **Do not breast feed.** A child can get HIV through breast milk.
- **Get treatment during pregnancy.** The baby has a lesser chance to get HIV.



What if I test positive for HIV?

If you or someone you know has HIV or AIDS, please find help below.

- Visit the Florida Department of Health's listing of services at <http://www.313hiv.com>.
- Call the **HIV Peer Navigation Services** at 352-334-7969.
- Call 1-866-901-9646 to check if you are eligible for the **Ryan White program**, which offers HIV-positive persons help with services not covered under other programs.
- Call the **Gainesville Area AIDS Project** (352-373-4227) or the **Rural Women's Health Project** (352-372-1095) for support.

