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HIV Testing

“GET TESTED FOR HIV.

If positive, there is
treatment.

If negative,

- Continue to stay safe
- Abstain from sex
- Use condoms
- Be faithful.”

– EBENEZER
HIV Case Manager
Takoradi

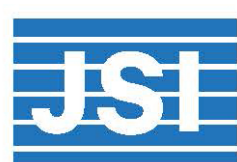
GET IN CARE. *STAY IN CARE.* LIVE WELL.

To access our services, dial *212# (free on all networks).

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Under the Office of the President



**“GET
TESTED.
KNOW
YOUR HIV
STATUS.
I KNOW MINE**

**Let's end AIDS in
Ghana by 2030.”**

- AUNTIE CECE
Executive Director
Life Relief Foundation, Takoradi

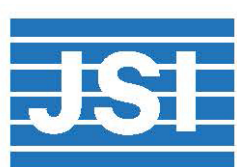
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BREAK THE CHAIN

OF HIV TRANSMISSION BY RECOMMENDING HIV TESTING TO YOUR SEXUAL PARTNER(S)

**HIV can be transmitted to anyone,
anywhere, and at any time. If you test
positive, get your sexual partner(s)
to get tested so they also know their
HIV status.**

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GET TESTED. KNOW YOUR HIV

STATUS TODAY!

**People living with HIV can live long,
healthy lives if they adhere to their
treatment.**

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HIV TESTING IS



FREE



FAST



CONFIDENTIAL

**Visit the nearest health facility
for testing and counseling.**

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RECOMMEND HIV TESTING

TO YOUR FAMILY & FRIENDS

Knowing your HIV status is important for
your health and that of your community.

GET IN CARE. STAY IN CARE. LIVE WELL.

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Testing positive for Sexually Transmitted Infections (STIs) is **NOT THE END.**

Many STIs are curable and all are treatable.

Screen for STIs including HIV at the nearest health facility.

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PMTCT

UNDERSTANDING YOUR HIV TEST RESULTS IN PREGNANCY

What does it mean if I have a negative HIV test result?

A negative result doesn't necessarily mean that you don't have HIV. That's because of the window period—the time between when a person acquires HIV and when a test can accurately detect it. It is advisable to repeat the test when you are about 34 weeks pregnant (in third trimester) if your test is done early in pregnancy. Women who are HIV-negative but have an HIV-positive partner should talk to their doctor about protecting themselves and their baby during pregnancy, delivery, and while breastfeeding.

What does it mean if I have a positive HIV test result?

Shock and disorientation are common initial reactions to such life-changing news, including sorrow, anger, fear, or shame, even for clients/people who already suspected that they were living with HIV.

- Even if you have HIV, your baby doesn't have to.
- You can greatly reduce the risk of passing HIV to your baby by starting treatment immediately.
- HIV-positive pregnant women who receive care and treatment can live long and healthy lives.
- Even after delivery, you have to continue your HIV treatment.
- Ensure your baby is tested for HIV and put on medication.
- Avoid giving your baby breast-milk and formula food during the first 6 months.
- As time passes, you may have more questions. Be sure to contact your health care provider if you have questions and concerns.



FIRST TRIMESTER (first 3 months or 13 weeks)

All pregnant women should get tested for HIV as early as possible during antenatal care (ANC).

Screening for HIV early in pregnancy benefits both mother and baby. Pregnant women living with HIV who get and stay in treatment can reduce their baby's risk of infection to 1% or less.



SECOND TRIMESTER (3-6 months or 14-26 weeks)

The only way to know if you have HIV is to get tested.

The earlier pregnant women know their HIV status and start treatment, the lower the risk of passing HIV to their babies. Without treatment, babies born to mothers with HIV have a 35%-45% chance of being born with HIV.



THIRD TRIMESTER (6-9 months or 27-40 weeks)

It's never too late for a pregnant woman to get tested.

Starting HIV treatment in the third trimester can protect your baby. Any woman with a negative HIV test result early in pregnancy who is at an increased risk of acquiring HIV should be offered repeat testing in the third trimester.



BIRTH

Some women and their babies may need HIV testing at the time of birth.

For women who don't know their HIV status at labor, the Ghana Health Service (GHS)/National AIDS/STI Control Program recommends routine, rapid HIV testing. babies born to HIV+ mothers/women must be given HIV medicine and tested for HIV.

Adapted from One Test. Two Lives. Understanding Your HIV Test Results. U.S. Centers for Disease Control Publication ID 274681-A <https://www.cdc.gov/stophivtogether/library/one-test-two-lives/fact-sheets/cdc-lsht-ottl-factsheet-understanding-your-hiv-test-results.pdf> Accessed March 30, 2020

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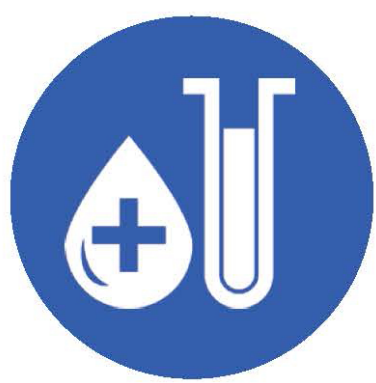
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Do you know that
a woman living
with HIV can
give birth to an
**HIV-
FREE
BABY?**



Get tested now to know your HIV status
and protect your partner and your baby.



Talk to your health care provider
about Prevention of Mother-to-Child
Transmission (PMCT) and Index Testing.

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HELP

STOP

***Mother to child
transmission
of HIV***

***Test for
HIV during
pregnancy***



GET IN CARE. *STAY IN CARE.* LIVE WELL.

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PrEP

PrEP YOUR CLIENT FOR PROTECTION IN 5 EASY STEPS



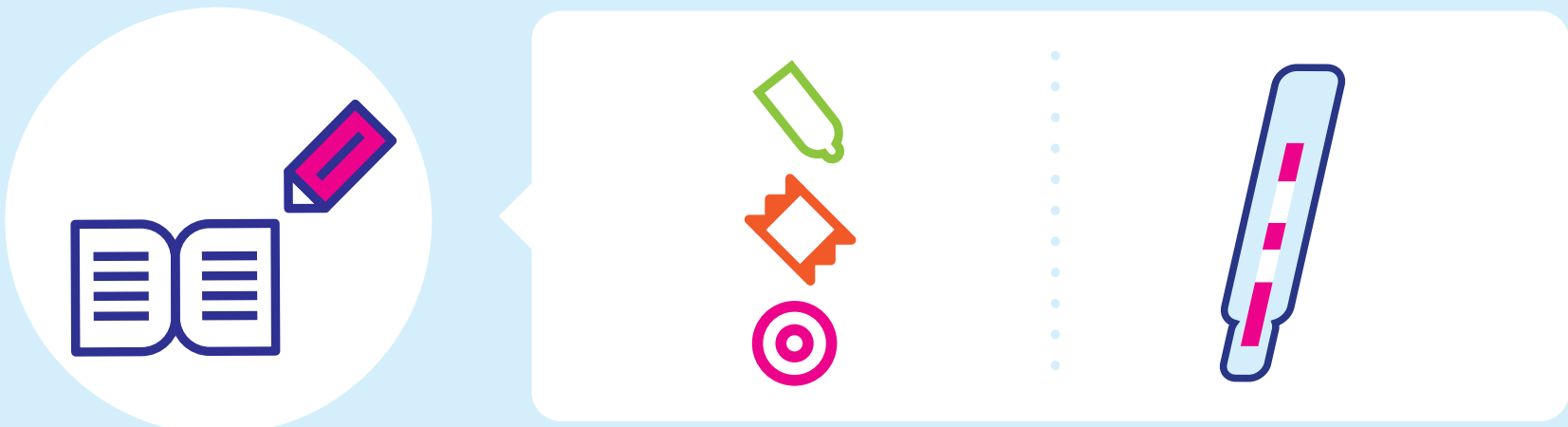
FOR MORE INFORMATION DIAL *573#



1 EDUCATE AND COUNSEL

Talk to your client about the benefits and potential side effects of PrEP and why it may be a good option for HIV prevention. Advise your client that PrEP should be used in combination with a comprehensive HIV prevention strategy that includes safer sex practices such as:

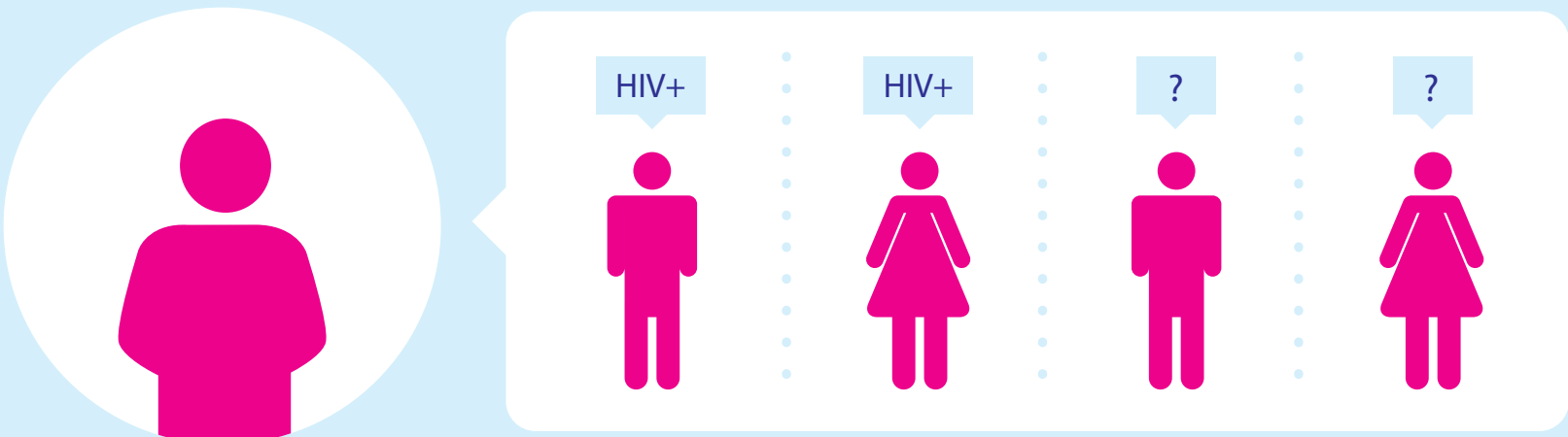
- Correct and consistent condom use
- Regular HIV testing for themselves and their sexual partner
- Regular sexually transmitted infections (STI) screening and treatment
- Voluntary medical male circumcision (VMMC)



2 DETERMINE ELIGIBILITY

If your client is interested in PrEP, assess their eligibility in line with national guidelines.

Your client must be at substantial risk of HIV infection to be eligible for PrEP.



3 TEST FOR HIV

Counsel your client and then test for HIV. Ensure that you explain the window period to them.

Results

If your client is HIV-negative and an eligible candidate for PrEP, then explain:

- How to take PrEP
- Potential side effects
- Adherence
- That it is essential to use condoms when starting to use PrEP (first seven days for men and 21 days for women) and that it is highly recommended to continue to use condoms along with a daily PrEP pill after this period.

If your client is HIV-positive, then:

- Explain test results and diagnosis
- Provide information on ART and its benefits
- Explain how to become virally suppressed
- Offer support with partner notification

Refer your client for immediate treatment

4 CONDUCT BASELINE SCREENING AND LABORATORY TESTS

Screen your client for STIs, Urinalysis, Hepatitis B, liver and kidney function.

Results

- **STIs:** if client has signs/symptoms of STIs, treat as per national guidelines, counsel on condom use, need for partner treatment, and on PrEP not being prevention for STIs.
- **Urinalysis:** Proteinuria >3+: TDF contraindicated. Refer to national guidelines.
- **Hepatitis B reactive:** Refer for comprehensive Hepatitis B treatment for life. Refer to national guidelines.
- **Creatine clearance** <60ml/min: defer PrEP and encourage other prevention measures including condom use. Refer to national guidelines.

5 PRESCRIBE PrEP

It is advisable to start your client on PrEP right away, that same day. Counsel your client on the importance of adherence. Provide him or her with a one month supply of PrEP. Schedule the next appointment.



REMEMBER!

COUNSEL THE CLIENT ABOUT THE EFFECTIVENESS OF COMBINATION PREVENTION.

+ IF YOUR CLIENT TESTS HIV POSITIVE

EXPLAIN:

- Test results and diagnosis
- Information on ART and its benefits
- How to become virally suppressed

Refer them for immediate treatment

PrEP for Protection

A daily pill to prevent HIV

Is PrEP right for me?

PrEP would be a good option for you if you are HIV negative and if you are also at high risk of HIV infection.

Am I at high risk of HIV infection?

If one or more of the following is true, you are at high risk of HIV infection. Within the last six months have you:

- ♦ had sex without condoms with more than one sexual partner?
- ♦ had sex with a partner who is at high risk of HIV infection (remember your partner's HIV risk is also your risk)?
- ♦ had sex with an HIV positive partner who is not on effective HIV treatment?
- ♦ had a sexually transmitted infection?
- ♦ used post exposure prophylaxis (PEP) ARVs to prevent HIV after accidental exposure?
- ♦ shared any injection material or equipment with another person?

I am at high risk of HIV, what do I do?

Go to your nearest healthcare facility to get information on HIV prevention, including PrEP.

OVER 90%
EFFECTIVE AT PREVENTING HIV



Talk to your health care provider about PrEP.

FOR MORE INFORMATION

Dial *573# or visit www.ZambiaEndingAIDS.org

PrEP: Safe, Effective, Discreet
It's in your control



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BE READY WITH

PrEP

FACT SHEET



Having sex is a normal and natural practice. Sex feels good, but unsafe sex can be dangerous.

It's easy to stay safe if you PrEP for protection.

HELPFUL TERMS:

ART

Antiretroviral treatment (ART) is the use of combination of HIV medicines to treat HIV infection.

ARVs

Antiretrovirals (ARVs) is the medication used to treat the virus that causes HIV.

HIV

Human immunodeficiency virus.

PrEP

Pre-exposure prophylaxis.

Prophylaxis

To prevent or control the spread of an infection or disease.

PEP

Post-exposure prophylaxis.

STIs

Sexually transmitted infections.



What is HIV?

HIV is a virus. It attacks and destroys certain cells in your body that defend against infection. Without these cells, your body cannot fight germs and diseases. HIV infection can lead to AIDS, the final stage of HIV infection. People may not know they have HIV until they are tested. An HIV test can tell if you have the virus.

How does one get infected with HIV?

You can get HIV through:

- ♦ having unprotected sex with a partner who is HIV + ve or whose HIV status you do not know.
- ♦ mother to child transmission.
- ♦ sharing needles or syringes with someone else.

PrEP WHAT?

PrEP Stands for pre-exposure prophylaxis. It is an HIV prevention medicine, which comes in the form of a pill taken daily. It is highly effective against HIV when taken everyday.

PrEP is not the same as PEP. PrEP is taken before possible HIV exposure to prevent HIV infection, whereas PEP is taken after possible HIV exposure in order to prevent HIV infection.

PrEP will play a major role in helping to **reduce** the number of new **HIV infections**.

The Ministry of Health aims to raise PrEP awareness and promote its use.



PrEP WHO?

PrEP would be a good option for you to consider if you are HIV-negative, concerned about HIV prevention and within the last six months you have had:

- ♦ Unprotected sex with a partner whose HIV status you don't know.
- ♦ Unprotected sex with an HIV positive partner who is not on effective ART.
- ♦ a history of sexually transmitted infections (STIs).
- ♦ shared injection drug equipment (e.g. needles and syringes).





PrEP WHY?

- ✓ Easy to use
- ✓ Safe and highly effective
- ✓ Fits easily into your lifestyle
- ✓ Safe to use during pregnancy and breastfeeding
- ✓ Safe to use by women taking contraceptives
- ✓ Allows you to be in control of your sexual health

PrEP HOW?

For it to be fully effective, PrEP must be **taken every day** and as instructed.

PrEP reduces the risk of HIV infection by **MORE THAN 90%**.

PrEP can cause mild side effects, such as nausea, but such side effects are usually short-lived.

LESS THAN 1 in 10 people experience side effects.

PrEP WHERE?

PrEP is being rolled out across the country at **selected clinics and sites** where it will be **provided FREE** of charge by trained health care providers. The Ministry of Health is working with partners to make PrEP available throughout Zambia.

If you are interested in PrEP you will need to visit a designated clinic where you will get HIV counselling and be required to have an HIV test. If the test result is negative, you could start PrEP on the same day. If the test result is positive, then you will be offered antiretroviral treatment (ART), to keep you healthy.

PrEP users will be required to re-visit the clinic every three months where their health and HIV status will be monitored.

PrEP WHEN?

It takes time for the PrEP medicine to build up in your body and start working (a minimum of seven days for men and 21 for women). **For it to continue working, it is important to take your PrEP pill daily even after the time period mentioned above.** The Ministry of Health recommends that people taking PrEP should **also use other HIV prevention methods** in order to **further reduce** the risk of HIV infection. These include:

- ♦ Correct and consistent use of condom (they also prevent other sexually transmitted infections (STIs) and unplanned pregnancy).
- ♦ Voluntary medical male circumcision.
- ♦ Treatment for STIs.
- ♦ ARVs for HIV-positive sexual partners.

PrEP does not prevent pregnancy or contracting other STIs.





PrEP to stay safe #PrEPforProtection

If you think that PrEP is the right option for you then visit your nearest clinic.

Dial *573# for more information about PrEP and to find the location for your nearest clinic.

For more information

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Prevention

PROTECT YOUR SEXUAL HEALTH



TALK

openly with your sexual partner(s) and health care provider about your sexual health and STIs including HIV.



TEST

to know your HIV status.



TREAT

and start the treatment plan recommended by your health care provider.

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