

## Compassionate Outreach Ministries Health Team Health Tip

### REASONS TO BE TESTED FOR HIV

1. **There is a possibility that you are HIV positive.** 1 in every 46 Blacks in Florida is HIV positive. GET TESTED!
2. **The sooner you know your status, the better.** HIV commonly involves a lengthy period - as long as twenty years- between infection and the development



- of symptoms. Those that know that they are HIV-positive can be monitored for changes in their condition and for treatment, even before symptoms appear. GET TESTED!
3. **Knowing your HIV status helps in preventing the spread of the disease.** Individuals who know they are infected with HIV can take the necessary precautions to avoid spreading the disease to their current or future spouse. Also, there are now medical therapies available to lower the chance of an HIV-infected pregnant woman passing HIV to her infant before, during, or after birth. GET TESTED!
4. **Taking the test can be private.** The HIV test is free (no cost), anonymous (you will not have to give your name, address or identifying information) and confidential (the information you provide will not be revealed to anyone). GET TESTED!
5. **You can take the test without getting a needle.** Health professionals can take an oral swab to test for HIV antibodies. It is painless and quick! GET TESTED!