

ADULT HEALTH BULLETIN



JUNE 2018

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THIS MONTH'S TOPIC: GET TESTED FOR HIV



June 27 is National HIV Testing Day. About 1.1 million people in the United States are living with HIV, and 1 in 7 of them do not know it. The only way to know for sure if you have HIV is to be tested. Do not let HIV stigma stand in the way of your health.

What is HIV?

HIV stands for human immunodeficiency virus. It weakens a person's immune system by destroying important cells that fight disease and infection.

How do I know if I have HIV?

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The CDC recommends that everyone between the ages of 13 and 64 be tested for HIV at least once as part of a routine healthcare checkup. A general rule for those with risk factors is to be tested annually. Top risk factors include:

- Having sex — anal or vaginal — with an HIV positive partner
- Having had more than one sex partner since your last HIV test
- Having injected drugs and shared needles or “works” (such as cookers, cotton or water) with others
- If you are pregnant or planning to get pregnant, to protect yourself and your baby

HIV in Kentucky

According to the 2017 CDC HIV Surveillance Report, southern states, including Kentucky, accounted for approximately 45 percent of all people living with an HIV diagnosis. In 2016, the South accounted for 53 percent (9,584) of the 18,160 new AIDS diagnoses in the United States. Those under 35 account for 56 percent of new HIV diagnoses in 2016.

The number of people in the United States who have injected drugs has increased because of the opioid epidemic. Injecting drugs and sharing needles can increase your chances of getting or transmitting

HIV. If you are injecting drugs, use only sterile needles and works. Never share needles or works. The risk for getting or transmitting HIV is very high if needles or works are shared. This is because they may have someone else’s blood in them, and blood can transmit HIV and other infections.

*Ask your doctor for an HIV test, or find a testing site near you by going to: **gettested.cdc.gov**. Many testing locations are free and all are confidential.*



Where can I get tested?

Knowing your HIV status helps you choose options to stay healthy. Ask your doctor for an HIV test, or find a testing site near you by going to: <https://gettested.cdc.gov>. Just enter your zip code to find an HIV testing location near you. Many testing locations are free and all are confidential.

REFERENCES:

- CDC. HIV Surveillance Report, Diagnoses of HIV Infection in the United States and Dependent Areas, 2016, Vol. 28; November 2017. HIV diagnosis data are estimates from 50 states, the District of Columbia, and 6 U.S. dependent areas. Estimates for 2016 are preliminary and are not included in trend calculations.
- <https://www.hiv.gov/hiv-basics/hiv-prevention/reducing-risk-from-alcohol-and-drug-use/alcohol-and-drug-use-and-hiv-risk>
- <https://www.cdc.gov/actagainstaids/campaigns/starttalking/testing.html>

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