



### What happens if I test negative?

- ✓ A negative test result means HIV was not found in your body now.
- ✓ You will need to protect yourself and others by practicing safer sex and by not sharing needles.

### What if I test positive?

- ✓ A positive test means HIV was found in your body. Remember that people with HIV often remain healthy for years.
- ✓ If you are HIV positive:
  - See a healthcare provider right away, even if you feel healthy.
  - Find out about drug treatments that can help you stay healthy.
  - ✓ Make sure you don't pass HIV to other people.



# HIV Getting Tested



If you have had unprotected sex or shared needles, you could become infected with HIV without knowing. The only way to know for sure is to take an HIV test. For more information or to find an HIV testing site, visit [gettested.cdc.gov](http://gettested.cdc.gov)

This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider.

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HIV, the virus that causes AIDS, is most commonly passed through unprotected sex (sex without using a condom) or by sharing needles. An HIV test tells if you have been infected with HIV. Taking an HIV test means you are taking control of your health. Here is what you need to know about getting tested.

### Who should get tested?

- ✓ Most people should be tested at least once as part of their routine health care. Some people should be tested more often.
- ✓ Get an HIV test if:
  - ❑ You have had vaginal, anal or oral sex without using a condom or latex barrier.
  - ❑ You have shared needles, syringes or other equipment for drugs, steroids, vitamins, hormones, tattoos or body piercing.
  - ❑ You have ever had another sexually transmitted infection.
  - ❑ You have ever had hepatitis or tuberculosis.
  - ❑ You have had unprotected sex with someone you know has HIV.
  - ❑ You have had unprotected sex with someone who has done any of the above things.
- ✓ If you are planning to have a baby or are pregnant, get tested.
- ✓ If you have been sexually assaulted, get tested.



### Where can I get tested?

- ✓ You can be tested for HIV through your local health department, family planning center, doctor's office, health care clinic, or at a public testing site.
- ✓ Many of these places offer free or low-cost testing. If you have health insurance, HIV testing is always free.
- ✓ Getting tested at a place that also provides counseling can help you learn about HIV prevention and what your results mean.

### What about home tests?

- ✓ Home test kits can be purchased at drugstores and on the Internet.
- ✓ Use an FDA-approved home test kit. Others may not be accurate.
- ✓ If you test positive with a home test get a follow-up test to make sure it is an accurate result.
- ✓ Phone counseling is available from the makers of the test kits. They can link you to local healthcare providers.



### I may have been exposed to HIV. When should I get tested?

- ✓ If you think you have been exposed to HIV, talk to a doctor right away. There is a medication called PEP (post-exposure prophylaxis) that can help prevent infection if it is taken within 72 hours.
- ✓ There are no tests that can detect an HIV infection immediately.
- ✓ The time between possible exposure and when a test can find HIV in the body is called the window period. The window period varies from a few weeks to a few months depending on the person and the type of HIV test.
- ✓ Because there is a chance of a false-negative test result, get tested more than once after a potential HIV exposure. Talk to your doctor about when to take the second test.



### Will anyone else know the results of the test?

- ✓ All HIV testing is confidential, like other medical records. But doctors and other medical personnel will know the results. The results will also be reported to the state health department.
- ✓ Anonymous testing – where your name is not attached to the results – is available in some states and through home test kits.



## You Can Have an STI Without Knowing It



- People with STIs often have no symptoms.
- Even if you don't have symptoms, you can pass an STI to another person.
- If you are sexually active, get regular STI tests.
- All STIs can be treated. Some cannot be cured, but treatment will help with symptoms.
- If an STI is not treated, it can cause serious health problems.

## You Can Protect Yourself

- You can reduce your risk of STIs by abstaining from vaginal, anal and oral sex and never sharing needles.
- If you choose to have sex, lower your risk by using latex or polyurethane condoms for vaginal, anal and oral sex.
- Ask your doctor about vaccines that can protect against certain STIs.
- Talking with your partner(s) about safer sex may help lower your risk.
- Having sex with one uninfected person who only has sex with you may also lower your risk.
- The most important thing to know about STIs is that you can prevent them.

**Protect yourself.  
You're worth it.**



## If You Think You Have an STI

- Talk to a health care provider and ask to be checked for STIs.
- You can get more information about STIs and testing from your local health department, clinic or health care provider. Or visit [www.cdc.gov/std](http://www.cdc.gov/std) on the Internet.



This pamphlet is not a substitute for professional medical care. If you have questions or concerns, please talk with a health care provider.

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# 50 Things You Need to Know About STIs



## Anyone Can Get an STI

- Everyone who has sex needs to know about sexually transmitted infections (STIs).
- STIs are sometimes called sexually transmitted diseases (STDs).
- STIs can be passed from one person to another through vaginal, anal or oral intercourse.
- Some STIs can also be passed through kissing and intimate touching.
- Some STIs are passed through sharing needles for injection drugs, steroids, vitamins, hormones, body piercing or tattoos.
- Some of the most common STIs are chlamydia, herpes, HPV, gonorrhea, syphilis, hepatitis B and HIV.

**GET THE FACTS ABOUT STIs.**



## Chlamydia

- About 2.8 million people in the U.S. are infected with chlamydia (Kla-MID-ee-ah) each year.
- Most people with chlamydia don't have symptoms.
- Possible symptoms include an unusual genital discharge, pain and burning when urinating.
- Chlamydia is treated and cured with antibiotics.
- If not treated, chlamydia can cause sterility in women.

**GET TESTED.**



## Hepatitis B

- Hepatitis B is commonly passed through unprotected sex and sharing needles.
- There is a vaccine to prevent hepatitis B.
- Hepatitis B usually clears up within six months. Some people stay chronically ill.
- Possible symptoms include fever, diarrhea and vomiting. But you may not have symptoms.
- Hepatitis B can cause serious liver damage.



## Herpes

- Herpes can be passed through kissing, intimate touching and unprotected sex.
- Symptoms include an itching or burning sensation and oral or genital blisters.
- Herpes symptoms often go away and come back later. Symptoms can be controlled with medication.
- Herpes cannot be cured. The virus stays in your body forever.

## Syphilis

- An early sign of syphilis is a painless sore in or around the vagina, penis, mouth or anus.
- Syphilis is spread by contact with open sores (usually during sex).
- If not treated, syphilis can cause serious health problems, including damage to the brain and nervous system.
- If treated early, syphilis can be cured with antibiotics.

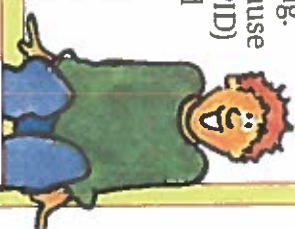
**SEE YOUR HEALTH CARE PROVIDER.**



## Gonorrhea

- Many people with gonorrhea have no symptoms.
- Possible symptoms include an unusual discharge from the penis or vagina and pain when urinating.
- If not treated, gonorrhea can cause pelvic inflammatory disease (PID) in women and swelling around the testicles in men. It can also spread to the blood and joints.
- Gonorrhea can be treated and cured with antibiotics.

**TALK TO YOUR PARTNER.**



## HPV

- There are more than 40 types of sexually transmitted HPVs (human papillomavirus).
- Some types of HPV cause genital warts. Others increase the risk of cervical, anal and penile cancers.
- You can have HPV without having symptoms.
- There are vaccines that can prevent some types of HPV.
- To lower the risk of cervical cancer, women need to get regular Pap tests.

## HIV/AIDS

- HIV is the virus that causes AIDS.
- HIV is passed by having unprotected sex and sharing needles.
- HIV is not passed through casual contact like shaking hands, hugging or sneezing.
- Having another STI increases your risk of getting HIV.
- The only way to know if you have HIV is to get tested.

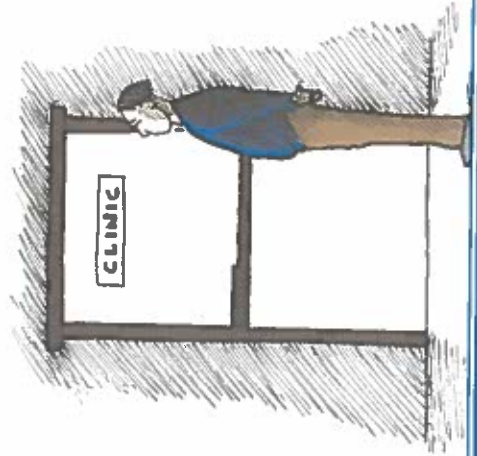


## PROTECT YOURSELF!

To lower your risk of hepatitis B and C:

- ✓ Talk to your health care provider about getting tested for hepatitis.
- ✓ Get vaccinated for hepatitis B.
- ✓ Don't share needles or other supplies for drugs, tattoos or body piercing. If you use needles, use a new, clean needle every time.
- ✓ If you choose to have sex, use a latex or polyurethane condom for vaginal, anal or oral sex.
- ✓ Use a latex barrier such as a dental dam or a condom cut in half for oral-vaginal and oral-anal contact.
- ✓ Talk with your partner about safer sex. Insist on condoms.
- ✓ Don't share razors or toothbrushes.
- ✓ Cover all cuts and open sores.

**TALK TO YOUR HEALTH CARE PROVIDER ABOUT YOUR RISK FOR HEPATITIS B AND C. MANY PEOPLE HAVE HEPATITIS AND DO NOT KNOW IT.**



For more information about hepatitis A, B and C, visit: [www.cdc.gov/hepatitis](http://www.cdc.gov/hepatitis)

PROTECT YOURSELF

# HEPATITIS B & C



GET THE FACTS

This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider.

Written by the Santa Cruz County Hepatitis Task Force. Designed by Eva Bernstein. Illustrated by Meg Biddle.

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## WHY SHOULD YOU BE CONCERNED ABOUT HEPATITIS B AND C?

There are several different types of viral hepatitis. All types of hepatitis affect the liver. Hepatitis B and C can become chronic infections with long-term consequences to a person's health.

- ✓ A person with chronic hepatitis has a greater chance of developing serious liver disease.

- ✓ Hepatitis B and C can cause liver damage and may lead to liver scarring, cancer and sometimes death.
- ✓ Anyone who is sexually active or who uses needles needs to understand the risks of hepatitis B and C.
- ✓ Taking steps to protect yourself from becoming infected with hepatitis is very important because the disease is difficult to treat.

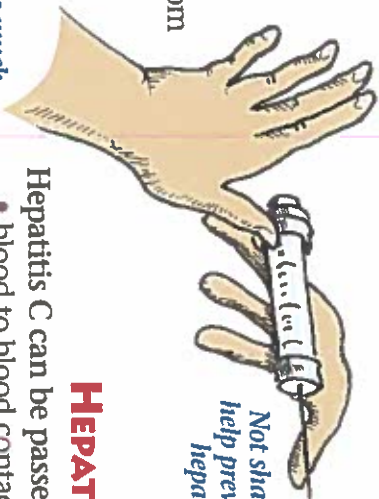


*Hepatitis B is much more contagious than HIV.*

## HEPATITIS B

Hepatitis B can be passed through:

- sexual contact
- blood to blood contact, including sharing needles
- from mother to baby at birth
- ✓ Most people recover completely from hepatitis B within about 6 months.
- ✓ Five to ten percent of people who get hepatitis B will remain infected. This is called a chronic infection.
- ✓ There is a vaccine for hepatitis B.



*Not sharing needles can help prevent the spread of hepatitis B and C.*

## HEPATITIS C

Hepatitis C can be passed through:

- blood to blood contact, including sharing needles or other drug supplies
- sexual contact when blood is present
- from mother to baby at birth
- ✓ Most people who have hepatitis C will develop a chronic infection. They will have it for the rest of their lives.
- ✓ There is no vaccine against hepatitis C.

## HEPATITIS C ALERT:

If you have hepatitis C, ask your doctor about getting vaccinated against hepatitis A and B.

## WHAT ABOUT HEPATITIS A?

Hepatitis A is also a serious disease, but it does not lead to long-term infection. Once you have had hepatitis A, you cannot get it again.

- ✓ Hepatitis A is spread by contact with an infected person's feces (poop). Usually this is through contaminated food, water, utensils or hands.
- ✓ Washing your hands after going to the bathroom helps prevent the spread of hepatitis A.
- ✓ You can also get hepatitis A by having sexual contact with an infected person.
- ✓ There is a vaccine for hepatitis A.

## YOU CAN BE INFECTED WITH HEPATITIS AND HAVE NO SYMPTOMS.

You can pass hepatitis on to others even if you don't feel sick. If you have symptoms they may include:

- flu-like symptoms such as fatigue, nausea and loss of appetite
- tenderness or pain in the abdomen area
- yellowing of skin and eyes (jaundice)
- light-colored feces and/or brownish-colored urine

*Remember, many people with hepatitis have no symptoms, but they can still pass the virus to others.*





# TB

## 8 Things Everyone Needs to Know



TB is a serious disease. It can make you very sick and even cause death. Inside, you will learn the basics about TB.

To learn more, visit:  
[www.cdc.gov/tb](http://www.cdc.gov/tb)

### 7. Not everyone with TB will feel sick.

- ✓ If you do feel sick, it is called **TB disease**.
- ✓ If you have TB but do not feel sick, it is called **latent TB**.
- ✓ Even if you do not feel sick, talk with your doctor. Treatment now can help you avoid getting sick later.

### 8. TB can be treated.

- ✓ TB can be treated with TB drugs.
- ✓ TB drugs must be taken for six months or longer.
- ✓ The drugs must be taken exactly as your doctor says. If the drugs are stopped too soon, or not taken as told, TB can become much harder to treat.



This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider.

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## 1. What is TB?

- ✓ TB is short for a disease called **tuberculosis**.
- ✓ TB most often attacks the lungs. But it can also affect other parts of the body such as the kidneys, brain or spine.

## 2. What are the symptoms of TB?

- Coughing for 3 weeks or longer
- Chest pain
- Coughing up blood or mucus
- Feeling very weak or tired (fatigue)
- Weight loss
- Not wanting to eat
- Fever
- Chills
- Night sweats

**If you have any TB symptoms, see a doctor right away.**



## 3. TB is serious.

- ✓ If it is not treated, it can make you very sick and may cause death.

## 4. TB is easily

**passed from one person to another.**

- ✓ TB germs go into the air when a person coughs, laughs, sneezes, sings or talks.
- ✓ Anyone who breathes in TB germs can become infected.
- ✓ TB is most often spread between people that spend a lot of time together. Family members, close friends and coworkers can pass it to each other.



## 6. Who else should be tested for TB?

- ✓ If you work in a school, day care, or in a health care setting, your job may require that you get tested for TB.
- ✓ Some people are more likely to get sick from TB, so they should also be tested. This includes people who:
  - Have a weakened immune system, such as people with diabetes, cancer, HIV, or other autoimmune diseases.
  - Have lived in a country where TB is common.
  - Use drugs.
  - Live or work in crowded conditions such as nursing homes, shelters or prisons.



## 5. What should I do if I have been around someone with TB?

- ✓ You need to get tested. Get tested even if you do not feel sick.
- ✓ The test may be a skin test or a blood test.

