

# HIV Detection Test

## You are an Aboriginal person... then HIV/AIDS concerns you too!

HIV is being spread at an alarming rate among our First Nations and Inuit sisters and brothers. In Canada, the transmission rate among First Nations is higher than in the general population. HIV attacks the immune system and eventually leads to AIDS, a deadly disease against which there is currently no known vaccine or cure.

### How HIV is transmitted

- Through non-protected sexual relations (vaginal, anal or oral, without a condom)
- Through blood contact
- Through used needles and syringes, tattooing with non-sterilized needles, body piercing
- From a pregnant mother to her child, during birth or afterwards through the mother's milk

### In case of doubt...

If you have ever been in a risky situation, you should GO FOR AN HIV DETECTION TEST.

In certain cases, it may be important to also go for a STD (sexually transmittable diseases) test. If you have ever injected drugs or sniffed substances, even if it was only once, you should be tested for hepatitis C.

### When should the test be taken?

You should generally wait a minimum of three months after a risky situation has taken place, because that is the time needed for the body to produce the antibodies that are detectable by the test. For some people, antibodies may take longer to develop.

### Where can the test be taken?

You can take the test in your community Health Centre. There are also places available such as CLSC's or anonymous testing clinics.

### In total confidence and confidentiality

You may talk about your situation with a doctor, a nurse, a social worker or any other health professional who will answer your questions.

### How does the test take place?

Some of your blood is taken and then sent to a laboratory for analysis. The results take from two to six weeks.

### When the results are negative...

Assuming you haven't taken any further risks after the blood test and you waited 6 months after a risky situation before taking the test, the negative result indicates that you don't have HIV.

But you MUST continue to use protection!

### When the results are positive...

That means that you do have HIV. You must then talk to a doctor who will be able to help you and give you advice. You and your doctor can then choose the appropriate care and treatment for you. Your doctor will inform you of the numerous community resources at your disposal.

**IF YOU NEED TO TALK ABOUT HIV/AIDS OR IF YOU NEED SUPPORT,  
CALL THE AIDS INFORMATION LINE: 1-866-521-7432**



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