

Can you tell if someone is HIV positive? : The answer is no : HIV testing should be part of your sexual health check : quick and confidential : HIV tests at the RHIVA clinic - results in 20 minutes / RHIVA clinic, Lewisham Primary Care Trust, NHS.

Contributors

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Lewisham **NHS**
Primary Care Trust

**Can you tell if someone
is HIV positive?**

The answer is NO

**HIV testing should be part
of your sexual health check**

Quick and confidential

**HIV tests at the RHIVA clinic
– results in 20 minutes**

For more information on HIV and where to get a test
please see the reverse of this leaflet

Free and confidential

Men and women welcome

RHIVA clinic

The Rapid HIV Testing Service

Information about having an HIV test

How do I know if I have been at risk of HIV?

HIV can be passed from one person to another in a number of different ways:

- Through contact with infected bodily fluids such as **blood, semen and vaginal secretions**. This may happen during unprotected sex (sex without a condom)
- **Sharing needles or equipment for injecting drugs**, tattooing and body piercing
- Through a **blood transfusion or blood products** which have not been screened for HIV in another country. Blood products in the UK have been screened for HIV since 1985
- From an infected woman to her baby before or during **birth**, or during **breastfeeding**

Why should I have a test?

- HIV can cause serious life threatening infections in the body known as AIDS.
- If you know you have HIV you can receive specialist HIV care and treatment, which could stop you from developing AIDS.

- If you know sooner about your HIV infection it is likely that you will live a near normal life expectancy
- Also if you know you have HIV infection you can take steps to reduce the risk of passing it on to your partner(s)
- If a woman is diagnosed with HIV she can still have a baby who is HIV negative, or not infected.

When is the right time to have an HIV test?

- The right time to test is **three months (12 weeks)** after you think you may have been exposed to HIV.
- The first three months after exposure to HIV is known as the **WINDOW PERIOD**
- If you test during the three month window period and it is negative, you must have a second test after you have completed the window period to ensure you are definitely not infected with HIV.

Downham Health & Leisure Centre

Monday 5–7pm by appointment
Under 16's welcome 2nd Monday
of the month by appointment

Downham Health & Leisure Centre
7–9 Moorside Road
Downham BR1 5EP
Tel 0203 049 1825

Sydenham Green Contraception & Sexual Health Clinic

Thursday afternoons 12.30–2.30pm
(by appointment)

Sydenham Green Health Centre,
Holmshaw Close, SE26 4TG
Tel: 020 7771 4620

Hawstead Road Contraception & Sexual Health Clinic

Wednesday mornings 9.30–11.30am
(walk in)
The Primary Care Centre
1st Floor, Hawstead Road, SE6 4JH
Tel: 020 7138 1700

Waldron Health Centre

SE8 4BG
Wednesday afternoons 1.30–3.30pm
(by appointment)

Entrance on Amersham Vale, SE14
(Opposite New Cross station)
Tel: 020 3049 3500

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RHIVA clinic

The Rapid HIV Testing Service