

*Below are key points to raise with your client who has been diagnosed with HIV.
Also, please share this with your client.*

If You Just Found Out . . .

Finding out you have HIV may be a shock. You are not alone: there is help. With treatment, care and support, you can live long and well with HIV.

1. HIV can be treated. It is important to get care and treatment as soon as you can. The person who gave you your test results will make a referral to the Manitoba HIV Program so that you can start your HIV care. You may also connect directly to the Manitoba HIV Program by calling Nine Circles CHC (contact info below).

2. Today's HIV treatments are usually very simple. New HIV medications are easy to take and usually cause few side effects. Treatment can help you stay healthy and greatly lowers your chance of passing HIV on to others.

3. A public health nurse may contact you. The nurse will talk to you about HIV and about telling your sex partners and (if you use drugs) people you have shared drug equipment with that they should have an HIV test. This is done without giving your name to these partners.

4. You don't have to tell everyone you have HIV, but you do have a legal duty to tell your sex partner(s) you have HIV before some kinds of sex. If you have

questions about who you need to tell your HIV status to or how to talk to people about your HIV status, you can speak with the person who will be seeing you for HIV care. For more information, you can also contact the Canadian HIV/AIDS Legal Network at www.aidslaw.ca.

5. Find out how you can keep yourself and others safe. HIV can be passed to others during sex or by sharing equipment to use drugs (such as needles). But you can do many things to stay safe. For example, you can take your HIV medications regularly to keep HIV under control. You can use condoms when you have sex. If you use drugs, you can use new equipment every time you use. HIV can also pass during pregnancy, birth or nursing, but with proper care and treatment most people can have an HIV-negative baby. Talk to a public health nurse or other health worker to learn more.

6. Getting support is important. Connect with your healthcare team to find out about supports, groups, counselling, and other resources in your area.

For more information:

- Contact Nine Circles Community Health Centre at www.ninecircles.ca or **1-888-305-8647**.
- CATIE is Canada's source for HIV and hepatitis C information. Visit us at www.catie.ca/en/nextsteps, HIV411.ca or call CATIE at **1-800-263-1638** to get more information or for help finding organizations in your area. CATIE offers services in English and French.