

*"Providing Home Health Services
and
Public Health Programs
To the citizens of Webster County
Since 1908...
More history, knowledge and quality."*

Call for an Appointment
Monday through Friday
8:00 am to 4:30 pm

330 1st Ave North
Fort Dodge, IA 50501

Jen Wuebker, RN

Public Health Nurse

E-mail: jwuebker@webstercountyia.org

515-573-4107
or toll free at
1-888-289-3318

Anyone can get infected with HIV

HIV Testing to be held

_____ Date

_____ Time

_____ Place



Webster County
Public and
Environmental
Health

What is HIV?

Human immunodeficiency virus is a virus that kills certain cells in your body that help the body fight off infection and disease. The virus can be in an infected person's blood, semen, vaginal secretions and can enter your body through tiny cuts or sores in your skin, or in the lining of the vagina, penis, rectum, or mouth.

How is HIV spread?

HIV can be passed from person to person if someone with HIV infection has sex with or shares drug injection needles with another person. It can also be transmitted from mother to baby when she is pregnant, delivers the baby, or breastfeeds the baby.

What is an HIV test?

It is a test that tells you if you have HIV, the virus that causes AIDS. People with HIV may not know because they have no symptoms and were not tested. Webster County Health Dept. provides **free and confidential** rapid result HIV testing. The test is a simple finger stick that will provide results within 15-20 minutes.

Why get tested?

Peace of mind. It's a regular part of taking care of your health. If you do not have HIV, you can learn how to stay that way. Early detection can prevent disease from getting worse. If you learn you have HIV, you can learn how to avoid passing HIV to others. You also can learn how to protect yourself from STDs

like herpes, syphilis, Chlamydia, gonorrhea and other diseases that can harm your health. You may be putting others at risk and not know it.

What if the test is positive?

Webster County Health Dept. will connect you with services to receive treatment.

How can you protect yourself?

Abstinence, or not having sex, is the surest way to avoid transmission. Condoms are very effective against transmission of HIV, however, no protective method is 100 percent effective. The more sex partners you have, the greater your chances are of getting HIV or other diseases passed through sex. Don't share needles, syringes, or share drug injection equipment "works" used to prepare or inject drugs.

The only way to know for sure that you are infected is to be tested. You might have HIV and still feel perfectly healthy.

Who should be tested?

It is recommended that everyone know their HIV status.

1 in 5 people with HIV do not know they have it. Men, women and people of all sexual orientations, all colors and ages are getting infected.

Knowing your HIV status early can make all the difference.