

## Southeastern Idaho Public Health Observes World AIDS Day

World AIDS Day is observed every year on December 1<sup>st</sup> around the world to raise HIV/AIDS awareness and to spread information about prevention and testing. To help achieve this goal locally, Southeastern Idaho Public Health will be providing free rapid HIV testing and education at each of their facilities for the entire month of December. Free rapid Hepatitis C and Syphilis testing will also be available. Testing is for qualified participants. To find out if you qualify, get more information or to schedule an appointment, please contact your local Southeastern Idaho Public Health office.

Bear Lake (Montpelier)	208-847-3000
Bingham (Blackfoot)	208-785-2160
Butte (Arco)	208-527-3463
Caribou (Soda Springs)	208-547-4375
Franklin (Preston)	208-852-0478
Oneida (Malad)	208-766-4764
Power (Am Falls)	208-226-5096
Aberdeen	208-397-3764
Bannock (Pocatello)	208-233-9080

Southeastern Idaho Public Health would like to remind people that knowledge is power.

### HIV/AIDS Facts

- HIV is primarily found in blood, semen, or vaginal fluid of an infected person.
- HIV is transmitted by having sex with someone infected with HIV.
- HIV is transmitted by sharing needles and syringes with someone infected with HIV.
- HIV is transmitted to babies from infected mothers before or during birth, or through breast feeding.
- HIV is **not** transmitted through day to day activities such as shaking hands, hugging, or kissing.
- You **cannot** become infected with HIV from a toilet seat, drinking fountain, doorknob, dish, drinking glass, or food.
- You **cannot** get HIV from mosquitoes.
- Since 1985, all donated blood in the United States is routinely tested for HIV.
- There is no cure for HIV, but there are effective medications available that can keep infected people healthy and reduce their chance of spreading the virus to others.

### Risk Factors for HIV Transmission

- You are at increased risk for HIV if you have injected drugs or substances not prescribed to you, especially if you shared needles, syringes, cotton swabs, or injecting water with others.
- You are at increased risk for HIV if you have had sex without condoms with a person who is infected or **who doesn't know their status**.
- You are at increased risk for HIV if you have exchanged sex for drugs or money.
- You are at increased risk for HIV if you are infected with hepatitis, tuberculosis, or other sexually transmitted diseases.
- You are at increased risk for HIV if you received blood products between 1978 and 1985 and haven't been tested since then.
- You are at increased risk for HIV if you have had exposure with someone who has any of the risk factors listed above.

**Help Keep Yourself Safe!**

- Practice safer sex (i.e., use a condom every time you have sex, from start to finish)
- Get tested for HIV
- Talk about HIV and STDs with your partner
- Ask your partner if they have been tested for HIV
- Do not inject drugs that weren't prescribed to you, and don't share your drugs with others.
- Don't get drunk or high if you think you might take risks you normally wouldn't or might end up in risky situations.

For additional information on HIV/AIDS, please visit Southeastern Idaho Public Health's website at [www.siphidaho.org](http://www.siphidaho.org) or visit [www.cdc.gov](http://www.cdc.gov). Follow SIPH on facebook at <http://www.facebook.com/siphidaho>.