

HIV Facts:

Human Immunodeficiency Virus (HIV) is a virus that attacks the immune system.

HIV is transmitted through infected blood, semen or vaginal secretions, & breast milk.

HIV is also transmitted by unprotected vaginal or anal sex, injection drug use, pregnant mom to unborn baby, and exposure to the blood of an infected person.

HIV is NOT transmitted through saliva, hugging, holding hands, sharing utensils, spitting, kissing, or toilet seats.

Factors that increase your risk:

- unprotected sex
- sharing needles
- drug use



If someone has an undetectable HIV viral load, they cannot sexually transmit HIV to others

How do you test for HIV?

There are two main ways to test for HIV: A blood test and an oral test

When should you get tested?

- ▶ You have had unprotected sex
- ▶ You have shared needles
- ▶ You have been exposed to an HIV+ person's blood or bodily fluids
- ▶ You have never been tested before




Who can get tested?

Anyone 13 years and older can be tested!

CDC recommends having at least one HIV test in your life **and** once a year if you have risk factors.

HIV can be prevented!

How you can stay protected:

- 1 Use a condom every time! Available for free in all Health Offices! 
- 2 Ask your provider about pre-exposure prophylaxis (PrEP). 
- 3 Talk with your partner about their sexual history. 
- 4 Use a clean needle every time. Do not share needles. 
- 5 Get tested for all STIs regularly: these can increase your risk for contracting HIV 
- 6 Get safe sex education from the HIV Prevention Program! 

HIV Prevention Program Provides:

- STI Education
- HIV Testing and Education
- Condom Education
- Safe Sex Education

Where to test?



Within the Ho-Chunk Nation:

Ho-Chunk Health Care Center
715-284-9851

House of Wellness
608-355-1240

Public Health Fairs - Look for dates in
summer

Outside the Ho-Chunk Nation:

Local/County Health Departments

Primary Care Provider

Vivent Health

The risk is not knowing...



Get tested!

The Division of Public Health
may have HIV home tests!

To request a test, please
contact: Tim Gamble
715-284-9851 ext 35016

Ho-Chunk Nation
Department of Health

Division of Public
Health

HIV Prevention Program



Know your status: Get Tested!

