

## Prevention

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HIV can be prevented!

- Use a condom every time! CHNs provide these for free!
- Practice Monogamy.
- Practice Abstinence.
- Talk with your partner about his/her sexual history.
- Use a clean needle and works every time.
- Get tested for all STDs: these can increase your risk.
- Get safe sex education from the HIV Prevention Program!
- We can help you teach safe sex education to your children.
- Know your status!



Community Health  
Nursing Department

# HIV Prevention Program

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**Know Your Status:  
Get Tested!**

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&  
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## What is HIV?

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 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, mosquitoes, toilet seats or diapers.

Factors that increase your risk: unprotected sex acts, sharing needles, drug and alcohol use, and age.

HIV leads to Acquired Immune Deficiency Syndrome (AIDs).

There is no cure for HIV or AIDs!

## HIV Prevention Program Provides:

- STD Education
- HIV Testing and Education
- Condom Education: Male & Female
- Safe Sex Education

## What is an HIV test?

There are two main ways to test for HIV: a blood test and an oral test. Both ways look for antibodies. Antibodies are seen as soon as 6 weeks.

OraQuick Test: This is a rapid test that only takes 20 minutes to get results. This is a swab of the gums. **\*This is the test the HIV Prevention Program uses.**

Blood test: With this test blood is drawn and sent to a lab for testing.

## Who can get tested?

Anyone 13 years and older can be tested using the oral test, OraQuick.

You should get an HIV test if:

- You have had unprotected sex
- You have shared needles
- Been exposed to an HIV+ person's blood or bodily fluids
- You have practiced risky sexual behavior

CDC recommends having at least one HIV test in your life and if you have risk factors to be tested annually at a minimum.

*the* Risk is **NOT**  
knowing.  
Get **tested.**

## Where to test?

### Within the Ho-Chunk Nation:

Pam Reimer, RN/CHN: Nekoosa area

- 715.886.5444

Kandi Ryan, RN/CHN: Baraboo area

- 888.552.7889 ext. 5550

Ho-Chunk Health Care Center

- 888.685.4422

House of Wellness

- 888.552.7889

### Outside the Ho-Chunk Nation:

AIDS Resource Centers:

- La Crosse: 608-785-9866
- Wausau: 715-355-6867
- Madison: 608-332-6169
- Eau Claire: 715-456-7115

Local Health Departments

Primary Care Provider

*8,030 people estimated in Wisconsin are currently living with HIV or AIDs.*

*Wisconsin HIV/AIDS program, 2014*