

Take the Test, Take Control: National HIV Testing Day is Sunday, June 27th

To recognize National HIV Testing Day, and to encourage residents of southeast Idaho to know their HIV status, the Southeastern District Health Department (SDHD) will be conducting **free** HIV testing walk-in clinics on **Monday, June 28th from 8:30 a.m. to 4:30 p.m.** People are encouraged to get tested at SDHD's Pocatello office, 1901 Alvin Ricken Drive; or its Blackfoot office, 326 Polar Street.

This yearly national campaign helps millions of Americans at risk for HIV to "Take the test, Take control." The importance of this day is underscored by the Centers for Disease Control and Prevention's (CDC) recent estimate that over 1 million people in the United States are living with HIV. What's more, one out of every five people who are HIV+ doesn't know they are infected (CDC 2006).

The decision to take the test is the first step in taking responsibility for your health and the health of others. If you are wondering if you should get tested, please answer the following questions.

1. Have you ever injected drugs or steroids or shared equipment (such as needles, syringes, works) with others?
2. Have you ever had unprotected sex (without a condom)?
3. Have you been diagnosed with or treated for hepatitis, tuberculosis (TB), or a sexually transmitted disease (STD), like Chlamydia?
4. Have you had sex with someone who could answer "yes" to any of the above questions?

If you answered "yes" to any of these questions, you should definitely get an HIV test. If you continue with any of the behaviors, you should get tested every six months. Gain knowledge and take control of your health.....GET TESTED!

For more information about HIV or the HIV walk-in clinic, please contact Julie Fagnant at the Southeastern District Health Department at 239-5232 or visit the following websites:

- www.AIDS.gov
- www.napwa.org
- www.hivtest.org
- www.sdhdidaho.org