

HIV/AIDS: PREVENT, TEST, TREAT, MANAGE

Where can you get tested?



La Crosse County Health Department

LCHD provides counseling, testing and referral for HIV/AIDS by appointment only. The fee is \$15, though we will not turn people away for their inability to pay.

LCHD provides partner services to Individuals Living with HIV/AIDS (ILWHA). We will assist with confidential notification, education and testing for all known contacts and associates. We connect the ILWHA to a case manager to ensure they have a medical provider, and can receive counseling, treatment, and other basic services.

LCHD also provides follow ups to reports of STI diagnoses to make sure people understand their diagnosis, get treatment & inform partners for treatment. And condoms are available for free.

Find a location near you using this link:

A Service of the Centers for Disease
Control and Prevention (CDC)



<http://hivtest.cdc.gov/>

Education

- Education and prevention is important knowledge to reduce the spread of HIV/AIDS and to protect your health and the health of others around you.
- There is an estimated 1.1 million Americans living with HIV/AIDS
- Being educated on HIV/AIDS helps to reduce stigma and discrimination. The negativity against HIV/AIDS makes people not get tested and keeps the disease spreading.
- Transmitted from sexual intercourse (semen or vaginal fluids), blood to blood, and mother to baby
- Not transmitted through toilet seats, door handles, or saliva



<http://aidsvu.org/state/wisconsin/>

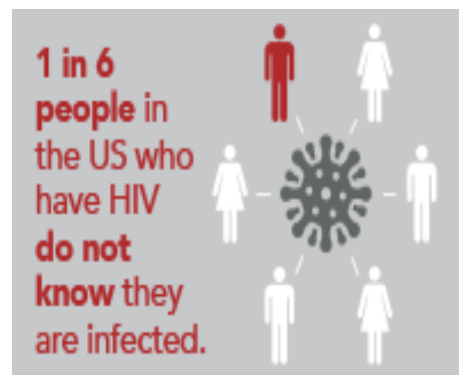
Prevention

There is no vaccine against HIV/AIDS, it is important to remember these prevention strategies

- Use a new condom every time you have intercourse
- Tell your sexual partners if you have HIV/AIDS
- Use a clean needle
- If you are pregnant, seek medical attention right away
- Getting tested

Statistics

- In 2010, 32, 052 people were diagnosed with AIDS in the United States
- 24,088 of these diagnosed were males in the adult and adolescent age group
- 15,529 people died with AIDS in 2010
- In La Crosse County, the rate of HIV/AIDS is 40.7 per 100,000 people



STI's

What are STI's

- STI's are Sexually Transmitted Infections
- You can get an STI by having sexual contact with a person that is already infected. Sometimes a person shows no signs or symptoms, so you can't tell if they have an infection. A person can be infected by genital touching or intercourse.
- Chlamydia, Genital Herpes, Gonorrhea, Human Papillomavirus. Genital warts, HIV/AIDS, Syphilis, and Trichomoniasis are considered STI's
- The STI's listed above do not all have the same signs and symptoms. They are also not always curable. Many STI's can cause pregnancy problems, pelvic inflammatory disease, and infections on other parts of the body like organs.
- Having an STI can also put a person at great risk for HIV

Testing

A person can be tested for STI's through

- Pelvic exams
- Blood testing
- Urine testing
- Fluid or tissue sample

FOUR TIPS TO GET AN A IN SEXUAL HEALTH

A	B	C	D
Females under 26: Get an HPV vaccine to prevent cervical cancer and test annually for STDs.	Test frequently Especially if you engage in risky behaviors, like multiple partners or unprotected sex!	STD positive? Notify your sex partners! Don't chicken out on doing the right thing!	Use protection! This is a no-brainer: no condoms, no sex!

For More information on HIV/AIDs in Wisconsin visit:



WISCONSIN DEPARTMENT OF
HEALTH SERVICES

http://www.dhs.wisconsin.gov/aids-hiv/Resources/Overviews/AIDS_prev_edrisk_red.htm

For information on Options Clinic in La Crosse visit:



My Care. My Life.

<http://www.essentialclinic.org/home>