

More information and help.

New York State Department of Health (NYSDOH)
health.ny.gov/diseases/aids/

New York State HIV/AIDS hotlines (toll-free)

English: 1-800-541-AIDS

Spanish: 1-800-233-SIDA

Telecommunications Device
for the Deaf, TDD: 1-800-369-2437

Voice callers can use the New York Relay
System 711 or 1-800-421-1220
and ask the operator to
dial 1-800-541-2437

NYSDOH Anonymous HIV Counseling and Testing Program

For HIV information, referrals, or information
on how to get a free, anonymous HIV test,
call the Anonymous HIV Counseling and
Testing Program.

Albany Region: 1-800-962-5065

Buffalo Region: 1-800-962-5064

Long Island Region (Suffolk/Nassau):
1-800-462-6786

Lower Hudson Valley Region:
1-800-828-0064

New York City:

Call 311 for information on New York City
Department of Health and Mental Health

Rochester Region: 1-800-962-5063; TDD:
1-585-423-8120

Syracuse Region: 1-800-562-9423

More information and help.

New York City HIV/AIDS Hotline
1-800-TALK-HIV (825-5448)

**National Centers for Disease Control
Health Information Hotline**
cdc.gov/info

New York State HIV/AIDS Counseling Hotline
1-800-872-2777

New York State Partner Services:
1-800-541-AIDS

**New York City Contact Notification
Assistance Program:**
1-212-693-1419

New York State Confidentiality Hotline:
1-800-962-5065

Legal Action Center: 1-212-243-1313 or
1-800-223-4044



EXPECT THE TEST

This health care facility follows
good medical practice and
public health law by performing
HIV testing for all patients
13 and older.

Routine Lab Tests

- ✓ **Glucose**
- ✓ **Cholesterol**
- ✓ **HIV**
- ✓ **Complete Blood Count**
- ✓ **Lipid Profile**

**Worst HIV status: unknown.
Testing puts you in control.**

campaigns.health.ny.gov/BeyondStatus

Key facts to know before getting an HIV test.

- HIV testing is voluntary and all HIV test results are confidential (private).
- HIV can be spread through unprotected sex, sharing needles, childbirth, or breastfeeding.
- Treatment for HIV is effective, has few or no side effects, and may involve taking just one pill a day.
- Partners can keep each other safe by knowing their HIV status and getting HIV treatment. Not sharing needles and practicing safer sex will help protect against HIV, hepatitis C, and other sexually transmitted infections.
- Pre- and post-exposure prophylaxis medications (PrEP and PEP) are available to protect people at risk of HIV infection.
- It is illegal to discriminate against a person because of their HIV status.
- Anonymous HIV testing (without giving your name) is available at certain public testing sites.
- HIV testing is a routine part of health care, but you have the right to object or decline an HIV test.
- If you wish to decline HIV testing, inform the health care provider.

HIV testing is especially important for pregnant people.

- A person living with HIV can pass the virus to their child during pregnancy, childbirth, or through breast-/chestfeeding.
- It is much better to know your HIV status before or early in pregnancy, so you can make important decisions about your own health and the health of your baby.
- HIV testing is conducted as early as possible in your pregnancy and again in the third trimester.
- If you are pregnant and have HIV, treatment is available for your own health and to prevent passing HIV to your baby.
- If you have HIV and do not get treatment, the chance of passing HIV to your baby is one in four. If you get treatment, your chance of passing HIV to your baby is much lower.
- If you are not tested during pregnancy, your provider will recommend testing when you are in labor. In all cases, your baby will be tested after birth. If your baby's test is positive, it means that you have HIV and your baby has been exposed to the virus.

Talk to your health care provider about how and when you will learn your HIV test results.

A person living with HIV, who is on HIV treatment and virally suppressed for 6 months or longer, has effectively no risk of passing HIV to a partner through sex. This is called Undetectable equals Untransmittable, or U = U.

State law protects the confidentiality (privacy) of your HIV test results. It also protects you against discrimination based on your HIV status.