



# Health Tribune

Thinking about your health in Portage County  
Provided by the Portage County Health Department



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## *December 1st is... World AIDS Day*

World AIDS Day is celebrated on December 1st each year around the world. It has become one of the most recognized international health days and a key opportunity to raise awareness, remember those who have passed on, and celebrate victories such as increased access to treatment and prevention services.

### **World AIDS Day 2011: "Getting to Zero"**



HIV is a virus that can only infect human beings. It weakens the immune system by destroying cells that fight disease and infection. HIV is similar to other viruses like the common cold and flu except the human body cannot fight off HIV like it can other viruses.

AIDS is the final stage of HIV infection. People at this stage of HIV disease have badly damaged immune systems. AIDS is a complex illness that has a wide range of complications and symptoms.

### **FACTS ABOUT HIV:**

FACT: Being diagnosed with HIV does not mean a person will be diagnosed with AIDS.

FACT: The best way to protect yourself from HIV is being abstinent or monogamous.

FACT: HIV can be spread from a mother to her baby through pregnancy and breast feeding.

FACT: There is no cure for HIV infection, but there are many treatments.

FACT: You cannot get HIV from shaking someone's hand, hugging someone, or using the same toilet or towel.

FACT: HIV cannot be transmitted through insects.

## *Did you know...?*

*The Portage County Health Department (PCHD) has partnered with Townhall II and is now a testing site for HIV tests.*

### **Who should be tested for HIV?**

Anyone who has had unprotected sex of any kind or shared needles (any kind) with someone whose HIV status is not known or is HIV positive.

### **How does the test work?**

HIV tests are quick and easy. They are oral tests that do not use needles.

### **When should you be tested for HIV?**

The most accurate time to get tested for HIV is 6 months after the last risky activity involving unprotected sex or shared needles.

### **How much does testing cost?**

HIV tests are FREE!

**To schedule an appointment for HIV testing,**  
call Kat at 330-678-3006.

### **Testing locations are:**

Townhall II, Kent  
Portage County Health Department, Ravenna  
Renaissance Family Center, Windham  
and  
Planned Parenthood, Kent  
Call 330-678-8011 for an appointment at  
Planned Parenthood.

*\*HIV tests conducted by Townhall II at all the testing sites cannot be used for any legal or travel purposes.*

## **Questions or Comments?**

Contact Us!

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