

# Resources



The official sexual health information and resource hub for HIV and STD prevention, testing and care services in LA County.



Information on PrEP and PEP for the public and providers. Features information on HIV prevention and care services in LA County.

## TAKEMEHOME

Free HIV self-test kits that are mailed discreetly to you.

**Ending the HIV Epidemic (EHE) Initiative** was launched locally with the goal of reducing HIV in LA County by 75% by 2025 and by 90% by 2030.



To learn more about EHE, visit [LACounty.HIV](https://lacounty.hiv) or email [EHEInitiative@ph.lacounty.gov](mailto:EHEInitiative@ph.lacounty.gov) to sign-up to receive the EHE newsletters.

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County of Los Angeles Department of Public Health  
Division of HIV and STD Programs  
[www.publichealth.lacounty.gov/dhsp](http://www.publichealth.lacounty.gov/dhsp)  
(213) 351-8000

# I GOT TESTED

*Now What?*



# I TESTED NEGATIVE

*Open this panel to learn more about next steps!*

# I TESTED POSITIVE

*Open this panel to learn more about next steps!*



# DIAGNOSIS

## What is HIV?

HIV (Human Immunodeficiency Virus) is a sexually transmitted infection (STI) where the virus attacks the body's immune system. If left untreated, it can lead to AIDS (Acquired Immunodeficiency Syndrome).

## How is it spread?

HIV can be spread via 5 body fluids: blood, semen or pre-cum, rectal fluids, vaginal fluids, and breast (chest) milk. You can get HIV by having sex (vaginal, anal, or oral) or sharing needles/syringes. Pregnant people can also spread HIV to their baby during pregnancy, birth, or breast/chestfeeding.

## What are the symptoms?

Sometimes symptoms may not develop, or they could be confused with another illness. If symptoms develop, they may appear 2 to 4 weeks after exposure and can be flu-like. Common symptoms: fever, swollen lymph nodes, sore throat, rash, chills, night sweats, fatigue, and body aches.



Everyone between the ages of 13 and 64 should get tested for HIV at least once in their lifetime.

## Get Tested!

Getting tested is the only way to know if you have HIV. Anyone 12 years and older can access HIV testing. HIV testing is recommended as part of routine healthcare. Visit [GetProtectedLA.com](http://GetProtectedLA.com) to find free or low-cost, confidential testing sites available around Los Angeles (LA) County. Visit [TakeMeHome.org](http://TakeMeHome.org) to order an HIV self-test kit to be mailed to you.

# PREVENTION

## Choose any or all that are right for you:

### Condoms and Dental Dams

Use a condom or dental dam consistently and correctly every time you have sex.

### Consider Limiting Your Sex Partners

Reducing your number of sex partners can decrease your risk for exposure to HIV/STIs.

### Don't share needles, syringes, or other injection equipment

You can exchange used needles for new ones at a syringe service program (SSP). To find a SSP, visit [tiny.cc/LASyringe](http://tiny.cc/LASyringe). If you are unable to access new needles, clean your needles to greatly reduce your risk for HIV and hepatitis. To learn how to clean your syringes, visit [tinyurl.com/CleanRig](http://tinyurl.com/CleanRig).

### PrEP (Pre-Exposure Prophylaxis)

PrEP is a medication that lowers the risk of getting HIV before exposure through sex or sharing needles/syringes. PrEP reduces the risk of getting HIV by about 99% from sex and at least 74% from injection drug use when taken as directed. Visit [GetPrEPLA.com](http://GetPrEPLA.com) to find a PrEP provider near you!

### PEP (Post-Exposure Prophylaxis)

PEP is an emergency medication taken for 28 days to prevent HIV after a possible exposure. PEP must be started within 72 hours of possible exposure to HIV; the sooner you start PEP, the better. Immediately seek a primary care, urgent care, or emergency room provider and ask for PEP.



If pregnant, seek early prenatal care to prevent health problems for you and your baby.

# TREATMENT

## How is HIV treated?

HIV is treated by taking antiretroviral therapy (ART). ART reduces the amount of HIV in your body and helps you stay healthy. There is no cure for HIV, but you can control it with HIV treatment.



You can live a long and healthy life by taking your HIV medication.

## Linkage to Care

Once you are diagnosed with HIV, it is important to get started on treatment so you can stay healthy. If you need assistance with finding an HIV provider or booking an HIV appointment, call the LA County Rapid Navigators.



Call (833) 351-2298 to get connected to a Public Health Rapid Navigator to help you start your HIV treatment!

## U=U (Undetectable = Untransmittable)

U=U is shorthand for Undetectable = Untransmittable and shares the message that people with HIV (PWH) who take medication to control the virus can't pass HIV to others during sex. Let's break it down:

- When HIV is "undetectable," also known as virally suppressed, the amount of HIV in the blood is so low that it cannot be measured by the lab test.
- Many scientific studies have showed that when HIV is undetectable for at least six months, it is then "untransmittable" and won't pass from person to person during sex.
- HIV treatment benefits the health of the person living with HIV and their partners too!

# NEXT STEPS

## Should you tell people that you tested positive for HIV?

Many people experience a sense of relief, closeness, and empowerment when they disclose their status to loved ones and partners. Your HIV status is personal so it's your decision how and when you tell others. Your HIV care team or the Department of Public Health can assist you with this if you need or want help.

## Notifying Partners of HIV Exposure

If you feel comfortable, let your sex partners or needle-sharing partners know that they have been exposed to HIV and should get tested. You can let them know anonymously through [TellYourPartner.org](http://TellYourPartner.org) which allows you to send an anonymous text or email to the person. You can also call the Department of Public Health and we can work to notify them while protecting your confidentiality. See number below.



Call (213) 639-4277 if you would like Public Health Staff to notify someone about an exposure to HIV/STI.

## Are you experiencing domestic violence (DV) or intimate partner violence (IPV)?

Sometimes, an HIV or STI diagnosis can happen for someone who is experiencing DV or IPV, and may make partner notification an unsafe choice for them. If you need help right away, or are experiencing DV or IPV, please call the 24/7 confidential LA County DV Hotline at (800) 978-3600.