

Fact Sheet

HIV testing.

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What is HIV testing?

When your body is infected with HIV virus, tiny protein molecules known as antibodies are produced in your body to try and fight the virus.

A HIV antibody test looks for these antibodies. It can take up to 12 weeks for the antibodies to be detected in your blood. This is called a window period. So a test done today will not be able to check for any risks taken over the last 12 weeks.

How is HIV transmitted?

HIV is spread when blood or body fluids from an infected person enters your body

This includes:

- blood
- semen
- vaginal fluid

HIV can be spread through sex without using a condom or a dam. If you are not 100% sure of your partners HIV status you should use a condom.

HIV can be transmitted by sharing injecting equipment with a person who is HIV positive.

Equipment includes:

- needles and syringes
- water
- tourniquets
- filters and spoons
- fingers



Sex which places you at risk for HIV includes:

- penis with vagina sex
- penis with anus sex (anal sex)
- penis with mouth sex (oral sex)
- vagina with mouth sex (oral sex)

How do I collect results?

HIV results are given to you at your next appointment. We will contact you if there is anything we need to discuss with you. Your results usually take 1 week.

What does a negative result mean?

If your result is negative it means that antibodies were not detected in your blood because:

- you have not been infected with HIV
- you have been infected and your body has not yet produced antibodies to the virus. Further follow up would be required if there are known risks.

Your partner should also have a HIV test if you have decided not to use condoms.

What does a positive result mean?

A positive test means that antibodies were detected in your blood. This means you are a carrier of the virus and that you may develop AIDS sometime in the future.

The doctor will want to do another test to confirm the test is positive and to determine if the virus has affected your body.

There is no cure for HIV, but there are treatments that help control the virus.

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With a positive HIV test we must inform the Ministry of Health. This is for statistics only and no identifying information is given.

Legally HIV positive people must inform their sexual partners that they are positive.

A positive result means you should take steps to maintain a healthy lifestyle and avoid infecting others.

Telling a partner is not always easy.
Sexual health counsellors can advise you on the best way to do this

Individual counselling and group support are available through the clinic

If you have any questions or worries please phone the clinics and ask to speak to a nurse or a counsellor.

**Western Sydney Sexual Health Centre
Jeffery House
162 Marsden Street Parramatta
02 9843 3124
Mon, Tues & Fri 0900 am - 0400 pm
Weds 1000 am - 0400 pm
Thurs 0400 pm - 0700 pm (appointment only)**

**Kelly Close Services
Kelly Close Mt Druitt - 02 9881 1206
Mon 0900 am – 0400 pm
Weds & Fri 0900 am – 0100 pm**

We welcome further feedback on this brochure as a way of continually improving our service.

Send your feedback to:
WSLHD-Get_Involved@health.nsw.gov.au