

## HIV TESTING / COUNSELING SERVICES

HIV is the virus that causes AIDS, a communicable disease. The virus is passed from person-to-person through exposure to some body fluids such as blood and by sexual contact. In addition, pregnant women can pass HIV to their baby during pregnancy or delivery, as well as through breastfeeding.

There are about 3 to 5 new AIDS cases reported in Clinton County each year.

The Clinton County Health Department's HIV Testing and Counseling Service privately provides specific information about the disease, risk factors, harm reduction, and the test by a specially trained registered nurse.

Knowledge is power. Nowhere is knowledge more powerful than knowing your HIV status. Knowing your HIV status is the first step in getting medical attention and starting effective treatment that can save your life.

### Who Should be Tested?

The Centers for Disease Control (CDC) has recommended that HIV testing should be a part of routine health care. This means having an HIV test whenever you have a routine physical. It can be ordered along with the rest of the blood work that is usually done at this time.

Persons with the following risk factors should consider more frequent testing:

- Unprotected oral, anal or vaginal sex
- Sex with multiple partners of any gender
- A history of a sexually transmitted diseases (STD)
- A history of sexual abuse
- Sharing IV needles & other drug equipment
- Amateur tattoos and body piercing
- Active tuberculosis
- Hepatitis B or Hepatitis C
- Any woman pregnant or planning on becoming pregnant should be tested for HIV

NOTE: Clients under the age of 18 may consent to their own HIV test without parental consent.

## What Type of Testing is Available?

Both confidential and anonymous testing is offered.

Confidential testing is the most commonly available type of testing. When confidential testing is done, HIV counseling and testing information, including the test result, is recorded in the patient's medical record. This information is protected from unauthorized disclosure by both state and federal law.

Anonymous testing involves no use of the person's name on either the test request or results. Consent for the test is given through the use of a code number rather than a signature. Results are also returned through the use of the code number. Anonymous test results that are positive for HIV may not be used as proof of infection when a referral is made for medical services.

In the event that a person who is tested anonymously has a positive result, they may have the option of changing their result to a confidential one. This result will then become part of their medical record so that they can be referred for services related to their HIV infection.

However, the decision to change an anonymous to a confidential result must be made before the person leaves the site where the results are given

## What Testing Methods are Used?

The Health Department uses the OraQuick Advanced testing system. This test can be done on oral fluids (saliva), blood from a fingerstick or blood drawn from the arm. Results from this test are available in about half an hour. However, if a person's test is positive, a second, oral test will be done immediately for confirmatory testing. Confirmatory test results should be available within two or three work days.

How Much does it Cost and Where is the Clinic?

Confidential testing is available at the Clinton County Health Department, Health Services Unit, 32 Court St., Plattsburgh. The cost for confidential testing is FREE. Appointments may be made by calling 561-4848.

We also have a "walk-in" clinic. Although no appointment is required, it is helpful to call ahead. No names will be taken for anonymous testing but an appointment slot will be reserved.

<b>2010 HIV Walk-in Clinics Schedule</b> <b>1:00pm - 2:30pm</b>		
1/21/2010	5/20/2010	9/16/2010
2/18/2010	6/17/2010	10/21/2010
3/18/2010	7/15/2010	11/18/2010
4/15/2010	8/19/2010	12/16/201

Additional Testing may be offered through:

- >Primary Care Providers
- >AIDS Council 563-2437
- >AIDS Hotline 1-800-962-5065
- >Over the counter home test kits
- >Northern Adirondack Planned Parenthood 561-4430

Contact Us

To receive more information, or make an appointment call or visit us at:

Clinton County Health Department  
Health Services Unit  
133 Margaret Street  
Plattsburgh, NY 12901  
Tel: (518) 565-4848