

# Routine HIV testing

is recommended in Saskatchewan.

**Help your patients know their HIV status.  
It's a powerful thing you can do for them  
and others.**



**HIV is different now. Testing is easier.  
Prevention and treatment are better.**

**In Saskatchewan adults should be  
offered testing for HIV at least once every  
five years. It's voluntary and confidential.**

**All patients aged 13 to 70** receiving primary or emergency health care who do not know their HIV status should be offered an HIV test.

## **Testing may be repeated more often for people at higher risk.**

- Persons who are sexually active with multiple/successive long-term partners and have not had an HIV test in the last 12 months.
- Pregnant women.
- Patients assessed in a sexually transmitted infection (STI) clinic or seen in any health care setting for an STI or Hepatitis B or C.
- Persons with current or past history of illicit drug use.
- Persons from countries where HIV is endemic.
- Patients with active or latent tuberculosis (TB) and their contacts.
- Patients showing signs/symptoms that may be consistent with HIV-related disease.

**HIV testing is  
inexpensive and  
counseling is  
straightforward.**

**Talk to your  
patients about  
the importance  
of being tested  
for HIV, what  
they can do to  
prevent it and  
what resources  
are available to  
them if they test  
positive.**

**HIV testing  
and counseling  
guidelines and  
resources to  
help you and  
your patients  
are available at  
[www.skshiv.ca](http://www.skshiv.ca).**