

**You can use this patient information sheet (next page) as you talk to your patient. Give the next page to your patient.**

*Patient information sheet*

## If You've Just Found Out...

Finding out you have HIV may be a shock. You are not alone: there is help. With treatment, care and support, you can live long and well with HIV.

- 1. HIV can be treated.** It is important to get care and treatment as soon as you can. Talk to the person who gave you your test results about finding a doctor who treats people with HIV. If they cannot help you, call one of the numbers below.
- 2. Today's HIV treatments are usually very simple.** New HIV medications are easy to take and usually cause few side effects. Treatment can help you stay healthy and greatly lowers your chance of passing HIV on to others.
- 3. A public health nurse may contact you.** The nurse will talk to you about HIV and about telling your sex partners and (if you use drugs) people you have shared drug equipment with that they should have an HIV test. This is done without giving your name to these partners.
- 4. You don't have to tell everyone you have HIV,** but you do have a legal duty to tell your sex partner(s) you have HIV before some kinds of sex. (For more information, contact the Canadian HIV/AIDS Legal Network at [www.aidslaw.ca](http://www.aidslaw.ca).)

- 5. Find out how you can keep yourself and others safe.** HIV can be passed to others during sex or by sharing equipment to use drugs (such as needles). But you can do many things to stay safe. For example, you can take your HIV medications regularly to keep HIV under control. You can use condoms when you have sex. If you use drugs, you can use new equipment every time you use. HIV can also pass during pregnancy, birth or nursing. But with proper care and treatment, most people can have a healthy baby. Talk to a public health nurse or other health worker to learn more.
- 6. There are groups that can help you.** HIV organizations can provide information and support and connect you with help in your area. Contact one of the numbers or websites listed below.
- 7. Peers are available for support.** Other people with HIV can also help you as you start this new journey with HIV. To find peers in your area, go to [www.skshiv.ca](http://www.skshiv.ca).

### For more information:

- Call **811** to reach Saskatchewan's HealthLine. It is a confidential, 24-hour health information and support telephone line. Services are offered in English, with translation available in over 100 languages.
- Go to [www.skshiv.ca](http://www.skshiv.ca), the SK HIV Collaborative. For services in your area, check out [www.skshiv.ca/map-of-services](http://www.skshiv.ca/map-of-services) or [www.skshiv.ca/cbo](http://www.skshiv.ca/cbo)
- CATIE is Canada's source for HIV and hepatitis C information. Visit [www.catie.ca/en/nextsteps](http://www.catie.ca/en/nextsteps), [HIV411.ca](http://HIV411.ca) or call CATIE at **1-800-263-1638** to get more information or for help finding organizations in your area.

SK  HIV  
COLLABORATIVE

 **CATIE** Canada's source for HIV and hepatitis C information

**Key messages about HIV and next steps after a diagnosis**

**Links to more information and support for your patient**

## Resources for you

- [www.skshiv.ca](http://www.skshiv.ca) – home of the SK HIV Collaborative.
- [www.skshiv.ca/map-of-services](http://www.skshiv.ca/map-of-services) – map of services by health region
- [www.skshiv.ca/cbo](http://www.skshiv.ca/cbo) – community based organizations
- Saskatchewan HIV Testing Policy (2014), available at [www.skshiv.ca](http://www.skshiv.ca)
- Saskatchewan Disease Control Laboratory Compendium of Tests, available at [sdcl-testviewer.ehealthsask.ca](http://sdcl-testviewer.ehealthsask.ca)

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