

If You Just Found Out...

Finding out you have HIV may be a shock. You do not have to go through this alone: There is help. With ongoing treatment, care and support, HIV can be managed. You can live long and well with HIV.

You've already taken the first step by getting tested. Now it is important to get care and treatment as soon as you can.

- 1. HIV can be treated.** Talk to the person who gave you your test result about finding a doctor who treats people with HIV. If they cannot give you the name and number of an HIV doctor or a clinic that specializes in HIV, call CATIE at 1-800-263-1638 or visit HIV411.ca.
- 2. HIV treatment might be simpler than you think.** Newer HIV medications are easier to take and usually cause few side effects. Treatment can help you stay healthy and greatly reduces your chance of passing HIV on to others.
- 3. You may be contacted by a public health nurse** who will provide you with basic information about HIV. The nurse will also talk to you about informing your current and past sex partners and (if you use drugs) people you have shared drug equipment with that it is important for them to have an HIV test. This can be done anonymously, 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) before having sex if there is a risk of transmission.
- 5. Find out how you can keep yourself and others safe.** HIV can be passed to others during sex or by sharing equipment for using drugs (such as needles). But there are things you can do to practice safer sex—for example, you can use condoms and take HIV medications to maintain an undetectable viral load. If you use drugs, there are steps you can take to reduce the risk of transmission, such as using new equipment every time you use.

To find out more about safer sex and safer drug use, talk to a public health nurse or other healthcare worker or call CATIE.
- 6. Getting support is important.** HIV organizations can provide information and counselling and connect you with other services in your area. To find an HIV organization in your area visit HIV411.ca or contact CATIE.





For more information:

Visit HIV411.ca

Call **CATIE** at **1-800-263-1638**

if you have questions or if you would like help finding an organization in your area or **visit us at catie.ca/en/nextsteps**.
CATIE offers services in English and French.



Canada's source for
HIV and hepatitis C
information

Call a toll-free HIV hotline in your province or territory to get answers to your questions about HIV.

Alberta: 1-800-772-2437

British Columbia: 1-800-661-4337

Manitoba: 1-800-782-2437

New Brunswick: 1-800-561-4009

Newfoundland and Labrador: 1-800-563-1575

Northwest Territories: 1-800-661-0844

Nova Scotia: 1-800-566-2437

Nunavut and Eastern Arctic: 1-800-661-0795

Ontario: 1-800-668-2437 (English)
1-800-267-7432 (French)

Prince Edward Island: 1-800-314-2437

Quebec: Contact your local CLSC
or call Info-Santé 811

Saskatchewan: 1-800-667-6876

Yukon: 1-800-661-0408 x8323

