



Having an HIV Test

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Having an HIV Test

1. Today we will talk about having an HIV test.

2. There is only one way you can be certain if you have been infected with HIV and this is by taking a test at a clinic or health centre.

3. The test will check the blood or saliva for signs of HIV, because the blood and saliva of a person who has HIV is different from the blood and saliva of a person who does not have HIV. You cannot see this difference yourself, but a trained health worker will be able to see it from the test results.

4. Now you need to answer a question! Try to answer using the arrow buttons on the controller. You can hear any question again by pressing the centre button.

5. How can you know if you have HIV?

6. By looking at yourself in a mirror,

7. or by having an HIV test?

8. Press a button now.

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9. Well done. You must have a test at a clinic or health centre to know if you have HIV.

10. Are the blood and saliva of a person who has HIV different from the blood and saliva of a person who does not have HIV?

11. Yes

12. or no?

13. Press a button now.

14. That's right. If you have HIV your blood and saliva will be different from the blood and saliva of a person who does not have HIV.

15. There are 4 ways of getting HIV. You can get HIV during sexual intercourse.

16. You can get HIV by contact with another person's blood.

17. You can get HIV by using or playing with a syringe, needle or razor blade that has been used by someone else.

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18. A mother with HIV can also pass it to her baby during childbirth. Now try to answer this question.

19. How many ways are there of getting HIV?

20. 3

21. or 4?

22. Press a button now.

23. That's right! There are 4 ways of getting HIV.

24. It usually takes 3 months for signs of HIV to develop in the blood after getting HIV. So the best time to have an HIV test is 3 months after you think you may have got HIV.

25. However, if you are worried you should go to a health centre immediately for advice.

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26. A very important point here is that even though the test cannot yet detect it, there will be a very large amount of HIV in the blood in these first 3 months after infection. It is very easy to pass HIV to other people at this early stage.

27. So remember: you can pass HIV to another person very soon after getting it yourself even if you haven't had an HIV test. _Now try to answer these questions.

28. What should you do if you think you may have HIV?

29. Go to a health centre for advice,

30. Or wait and see what happens?

31. That's right. The health centre can advise you on the best time to have an HIV test.

32. Can you pass HIV to another person before having an HIV test?

33. Yes,

34. or no?

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35. Yes. Even if you haven't yet had an HIV test you can still pass HIV to another person.

36. There are two types of HIV test you could have. Both of these tests are simple and can be done in a small health centre. One is a blood test, the other is a saliva test.

37. You cannot get HIV from saliva, but saliva can show if you have HIV in your body.

38. Both of these tests need trained health workers to do them and the right equipment to test the blood or saliva.

39. Which of the following is true?

40. An HIV test is very difficult to do and the result can only be trusted if it is done by a doctor in a big hospital.

41. or an HIV test is easy to do and can be done in a small health centre by a person who has had the right training.

42. That's right. Your local health centre or a nearby hospital should be able to test for HIV.

43. What do you need to do to have an HIV test?

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44. Have a small amount of blood or saliva removed at a health centre,
45. Or stay in hospital over night and give a lot of blood?
46. Great! The test is not difficult. It only needs a small sample of your blood or saliva and, depending on your clinic, you will know the answer quickly.
47. If you have HIV can you pass HIV to another person through your saliva?
48. Yes,
49. or no?
50. That's right. If you have HIV you cannot pass it to another person through your saliva.
51. If you have an HIV test there are 3 things that are important: Is the test accurate , who will know the result and will the result be kept confidential?

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52. Health workers are trained to keep the results confidential, so you can be sure they will not tell anyone else about your test. You can decide who you choose to tell about your test.
53. If you have the test 3 months or more after you think you may have got HIV then the HIV test is very reliable.
54. Can you be sure that the HIV test is accurate?
55. Yes,
56. or no?
57. That's right. You can be confident in the HIV test result. However if you want to check again you can ask for another test when you are ready to do so.
58. After you have an HIV test who will know the result?
59. Only you and the health workers at the clinic.
60. or all your family and friends?

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61. Yes. Health workers are trained to keep the test results confidential. You can decide who else to tell.
62. If you have a test and it tells you that you have not got HIV, this is good news. If your test result tells you have got HIV these are some of the things you will have to think about: Having HIV means that you could pass it on to other people. You might become ill and die. In some places people with HIV are discriminated against. These are big problems to think about.
63. Before you have a test it is good to think about how it might affect you to find out you have HIV. Here are some things to think about: This time there are no right or wrong answers, only what is best for you and for those you love, and this will be different for different people.
64. Who would you tell? Is it better for your regular partner to know, or not to know? Do you need to keep the result a secret? How would your friends and family cope if you tell them?

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65. Do you need to prepare yourself and those close to you for health problems in the future? Do you need to change the way you live so that you do not pass HIV to anyone else?
66. It will help you to cope with the knowledge that you have HIV if you have at least one close friend who you can tell. This friend will be there to listen and to help you think about how you should live. It may be a good idea to tell a close friend that you are going to have the test before you actually have it.
67. If your test result tells you you have HIV you may be able to get medical help. There are special medicines which can help you feel better and live longer.
68. You can also ensure that don't pass HIV to anyone else and you can make plans for the support of your family for times when you are ill.
69. Are there any medicines you can take to help you if you have HIV?
70. Yes,
71. or no?

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72. That's right. Special medicines can help you feel better and live longer. But they cannot cure HIV.
73. HIV is a virus which will lead to a very serious illness called AIDS. There is no cure for AIDS , so if you get HIV you may worry about how long you will live. This is something very difficult to predict.
74. Every person is different. It usually takes several years for HIV to develop into the serious illness called AIDS. People with AIDS easily catch other infections, such as TB, and become very weak.
75. Although there is no cure for AIDS, health workers may be able to help treat other infections which develop as a result of AIDS. If you get ill you need to tell your health worker that you have AIDS as you will need special care.
76. If you have HIV and get sick should you go to a health centre for treatment?
77. Yes,
78. or no?
79. Yes! Although there is no cure for HIV or AIDS there are medicines that can cure other illnesses you may get. So you should always go to a health centre if you are sick.

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80. If you think you may have HIV it is very important to go to a health centre to have an HIV test. Knowing whether or not you have HIV will enable you to make important decisions about the future.

81. Remember: If you have HIV and get treatment quickly when you are ill, it is possible to live for many years.

82. That was the wrong answer. Let's go back and listen again.

83. Sorry! Wrong answer.

84. Hello. The title of this lesson is " Having an HIV Test". To begin, press the arrow pointing to the right. After you have finished this lesson the arrow pointing down will take you to the quiz. To listen again press the middle button.

85. You've now finished the lesson. Well done! Now press the arrow pointing down to play the quiz and try to win a gold star!

86. Correct!

87. "Having an HIV test"