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PRESS RELEASE – For Immediate Release

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Know Your Status. Get Tested for HIV.

TWIN FALLS- In celebration of National HIV Testing Day, South Central Public Health District is offering **free** HIV testing (by appointment only) on Friday, June 26, from 8:30 a.m. to 3 p.m. at the Twin Falls and Jerome offices. To make an appointment in Twin Falls, call 737-5966; for an appointment in Jerome, call 324-8838.

There are more than a million people in the United States living with HIV. Almost one-fourth of them do not know that they are HIV-infected. The only way to know for sure is by getting tested. If a person does not know they are infected with HIV, they could be spreading it to others. If a person is diagnosed with HIV, it does not mean that they are going to get sick and die. While there is no cure for HIV, new drugs are available to keep people healthy and decrease the amount of HIV virus in their body.

Here are other ways to help stop the spread of HIV:

- Be safe. The best way to prevent HIV is to abstain from having sex. If you do have sex, use a new latex condom every time. Do not share needles or syringes.
- Talk about it. Talk about sex and HIV with your partners. Find out when they were last tested for HIV and what their status is. Be clear that you will be having safer sex...or none at all.
- Talk to your doctor. If you are sexually active, you should get tested for HIV at least once a year according to CDC guidelines. Do not assume your doctor will ask you to be tested for HIV.

- Spread the word. Thousands of Americans are getting HIV each year. Set an example by getting tested and spreading the word that others should do the same.

HIV is the virus that causes AIDS, and it is hitting Americans hard. More than 56,300 Americans are infected with HIV each year. Know Your Status. Get Tested for HIV. For more information, call Mary Jensen, Public Health Nurse, at 737-5969.

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