National HIV Testing Day!

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The only way to know for sure whether you have HIV is to get tested.

National HIV testing day is June 27th, and the CDC recommends that everyone between the ages of 13 and 64 get tested for HIV at least once as part of routine health care. Knowing your HIV status gives you powerful information to help you take steps to keep you and your partner healthy.

People at higher risk should get tested more often. If you were HIV-negative the last time you were tested, and that test was more than one year ago, and you answer yes to any of the following questions, the Centers for Disease Control and Prevention recommend that you should get an HIV test as soon as possible because these risk factors increase your chances of getting the virus:

- Are you a man who has had sex with another man?
- Have you had sex—anal or vaginal—with an HIV-positive partner?
- Have you had more than one sex partner since your last HIV test?
- Have you injected drugs and shared needles or works (for example, water or cotton) with others?
- Have you exchanged sex for drugs or money?
- Have you been diagnosed with or sought treatment for another sexually transmitted disease?
- Have you been diagnosed with or treated for hepatitis or tuberculosis (TB)?
- Have you had sex with someone who could answer yes to any of the above questions or someone whose sexual history you don’t know?

You should be tested at least once a year if you have incurred in any of the above risk factors. Sexually active homosexual and bisexual men may benefit from more frequent testing (for example, every 3 to 6 months).

If you’re pregnant, talk to your health care provider about getting tested for HIV and other ways to protect you and your child from getting HIV.

Before having sex for the first time with a new partner, you and your partner should talk about your sexual and drug-use history, disclose your HIV status, and consider getting tested for HIV and discuss the results.

Talk to your health care provider to see what type of HIV test is right for you.

After you get tested, it’s important for you to find out the result of your test so that you can talk to your health care provider about treatment options if you’re HIV-positive. If you’re HIV-negative, continue to take actions to prevent HIV, like using condoms the right way every time you have sex and taking medicines to prevent HIV if you’re at high risk. If your HIV test result is positive, you may need to get a follow-up test to be sure you have HIV.

HIV screening is covered by health insurance without a co-pay, as required by the Affordable Care Act. If you do not have medical insurance, some testing sites may offer free tests.

Resources/References:

Doubles Racquetball Tournament

JUNE 8
9:30 A.M.

This tournament will be doubles matches only and will be played in double elimination format. Open to all DoD ID cardholders 16 years and older.

Registered at Jimmy Brought Fitness Center
by 20 May 31.

JBSA-Fort Sam Houston
Jimmy Brought Fitness Center
Mon-Fri, 8:30 a.m.-9 p.m.
Sat-Sun, 8:30 a.m.-5 p.m.

JBSA-Fort Sam Houston Jimmy Brought Fitness Center

Spin-a-Thon

JUNE 22
9:30 a.m.

Sign up the day of the event at 9 a.m.
Open to all DoD cardholders 16 years and older.

JBSA-Fort Sam Houston
Jimmy Brought Fitness Center
Mon-Fri, 8:30 a.m.-9 p.m.
Sat-Sun, 8:30 a.m.-5 p.m.

GIVE PARENTS A BREAK
GPAB & PARENT’S NIGHT OUT

JUNE 22
1-5 P.M.

FREE WEEK

MEMBERSHIP

JUNE 17-22

There is no membership needed to participate in clubs, activities or open recreation. (Does not include instructional classes, league sports, and School Age Programs). Stop by for a monthly calendar of Youth Programs activities to see what’s offered this week. For more information, call (210) 652-3298.