

It's YOUR Health, Your Life!

Regular HIV testing/screening is just another way of ensuring continued optimal health. Just as getting regular blood work done!

Timing is everything. The optimal time to get tested, is after what is known as the “window period” which is three (3) months from your last high risk behavior or unsafe encounter. Such examples are: needle sharing, and unprotected sex. Three months may seem like a long wait, however, this is to ensure accuracy with the test results.

Not only is regular testing important for your own health and well being, but it's also important for that of your partner.

Getting tested for HIV isn't a “bad” thing, or negative. It's a matter of taking your health seriously, and caring for health as well. Care about your body, and get tested!

HIV Test Sites In Saskatchewan:

Prince Albert

Sexual Health Clinic
(306) 765-6540

Regina

Sexual Health Clinic
(306) 766-7779

Saskatoon

Sexual Health Centre Saskatoon

(306) 244 7989

Sexual Health Clinic

(306) 655-4642

HIV Support and Services

AIDS Saskatoon

(306) 242-5005 or toll free at: (800) 667-6876

The Avenue Community Centre

(306) 665-1224 or toll free at: (800) 358-1833

*The Avenue Community Centre
for Gender and Sexual Diversity*

Saskatoon

Office: #201 - 320 21st Street West
Saskatoon, Saskatchewan
S7M 4E6

Phone: 306.665.1224 (in Saskatoon)
306.665.1280 (Saskatoon Fax)
800.358.1833 (outside Saskatoon)

Website: www.avenuecommunitycentre.ca
Email: info@avenuecommunitycentre.ca



Stamp Out Stigma Against HIV Testing



Stigma and HIV Testing

Unfortunately in today's society, some stigma still exists surrounding HIV testing.

Contributing factors to the stigmatization of HIV testing include:

- People are afraid of the possible outcomes of testing.
- People are afraid of the possible prejudices they may experience.
- Fear of what assumptions may arise from professionals whom they seek treatment from.

These are just a few examples.



Stigma: What's the big deal?

Stigma around HIV testing is something many agencies are currently working feverently to abolish. Why?

Stigma affects people in many different ways. Stigma around HIV testing can leave people not accessing testing, not accessing proper medical care, and putting more people at risk of contracting HIV. As well, it can leave people feeling very isolated, alone, and fearful of getting tested. This is just not acceptable.

Stigma: What Can I Do?

What can you do to help the problem around stigma and HIV testing? You'd be surprised!

You can change your own attitude around HIV testing (if you are experiencing your own stigma around it).

Get educated on HIV, testing, and treatments that are available.

If you know someone who is going through HIV screening, be as supportive as you can. Be that extra ear to listen if they need to talk.



You can also educate yourself, or someone you know who's accessing testing. Check out the resources that are available on the back of this pamphlet.

There are many great people who work in this field, that are ready to support you and can help you access testing, proper medical care, and support if you feel you need it.

One Last Word:

We can all do our part to put an end to the stigmatization of HIV testing. By educating ourselves, we will change our own attitudes, and that of others.