

# HIV

## What is HIV?

HIV (Human Immunodeficiency Virus) is a sexually transmissible infection.

## How do I know if I have HIV?

Many people with HIV will have no obvious symptoms.

Symptoms may include:

- a flu-like illness a few weeks after exposure
- fatigue and weight loss
- skin infections
- chest infections

A blood test is needed to diagnose HIV.

## How can I get HIV?

HIV is passed on by having oral, vaginal or anal sex without a condom, with someone who has the infection.

Sharing of any injecting equipment may be a potential risk for HIV and other blood-borne viruses.

## What is the treatment for HIV?

There are treatments available for HIV.

These treatments do not cure HIV infection but allow people with HIV to live a healthy life.

## Do sexual partners need treatment?

All sexual partners should be tested for HIV.

## What else should I know?

- Prevention is best. Safer sex and safer injecting practices are recommended.
- PEP (post-exposure prophylaxis for HIV) is available from public hospital emergency departments or sexual health clinics if you may have been exposed to HIV within the last 72 hours.
- PrEP (pre-exposure prophylaxis for HIV) is now available from your local doctor.
- Using condoms with casual and new partners, regular sexual health checkups, and not sharing needles all help prevent transmission.

## Video

HIV

<https://youtu.be/qGHqa-WZf-k>



## Screening for STIs

All sexually active people should consider regular testing for sexually transmissible infections.

Gold Coast Sexual Health Service offers express STI screening that is available without an appointment providing you:

- do not have symptoms
- have not been in contact with a sexually transmissible infection.

If you have symptoms, or have been in contact with an STI, contact Gold Coast Sexual Health Service for an appointment.

Check our website at: <https://www.goldcoast.health.qld.gov.au/our-services/sexual-health> for times and locations



### Interpreter services

Gold Coast Health provides interpreter services for patients who are from non-English speaking backgrounds. If you require the assistance of an interpreter, please indicate this on your registration form and advise Gold Coast Health prior to your appointment.

**Interpreter services are provided free of charge to all patients who require the service, including non-Medicare patients.**



**For further information or support, please contact:**

**Sexual health**

**Southport Health Precinct**

**16-30 High St, Southport, 4215**

**Phone: 1300 744 284**

