

How is HIV transmitted?

It is spread by blood, semen, vaginal fluids, and/or breast milk getting from an infected person into another body. This frequently happens through:

- Unprotected sexual contact (vaginal, oral, anal) with an infected person.
- Sharing needles for injectable drug use, tattooing, or piercing with an infected person.
- From a mother infected with HIV to her baby through pregnancy or breast feeding.

Testing sites are available throughout Portage County.

Who should have an HIV test?

Anyone who has had unprotected sex (any kind) or shared needles (any kind) with someone whose HIV status is not known.

How does the test work?

HIV tests are quick and easy. Oral tests are used (no needles).

When should you be tested?

The most accurate time to get tested is 6 months after the last risky activity involving unprotected sex or shared needles.

How can you protect yourself?

Be abstinent. Abstinence is 100% safe. This means no vaginal, oral or anal sexual intercourse.

Be monogamous. This means to have sex with only one partner who is only having sex with you. That partner should not be infected with HIV and should not share needles with anyone.

Use a condom, female condom, dental dam, or other protection for every sexual activity including vaginal, oral, and anal sexual intercourse.

Do not share needles for drug use, tattoos, or piercing.

Get tested if you have been involved in risky activities involving unprotected sex or shared needles.



HIV infection has no cure, but there are many treatments.

Talk to someone about testing if:

- You need help learning how to protect yourself.
- You want to learn successful ways to discuss postponing sexual activities, or to discuss using safer sex activities with your partner(s).
- You need to gain access to condoms and other supplies and learn how to use them.
- You are worried about your risks and behaviors (past and present).
- You want to decide if an HIV test is right for you.

HIV tests are FREE!

HIV/AIDS testing in Portage County:

Call Kat at 330-296-9919, ext. 107

Or

Becky at 330-296-9919, ext. 137

**Portage County Health District
705 Oakwood Street, 2nd floor
Ravenna, Ohio 44266
330-296-9919**

www.co.portage.oh.us/PCHD/



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HEALTH DISTRICT

For more information contact
Portage County Health District
705 Oakwood Street
2nd floor
Ravenna, Ohio 44266

330-296-9919 (phone)
330-297-3597 (fax)

www.co.portage.oh.us/pchd/

*HIV tests conducted by Portage
County Health District cannot be used
for any legal or travel purposes.



Hotlines

Townhall II

24 hour Helpline for
HIV information and other
testing referrals

Voice/TTY

330.678.HELP (4357)
866.449.8518 (toll free)

Akron AIDS hotline

330.375.AIDS (2437)

Ohio AIDS hotline

800.332.AIDS (2437)
TDD 800.332.3889

National AIDS hotline

800.342.AIDS (2437)

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HIV TESTING

Portage County Health District



*Do you know
your HIV
status?
Do you need an
HIV test?*