

## Labstract - May 2016

### HIV patient information sheet

#### To Healthcare Providers:

Effective June 1, 2016, the Public Health Ontario Laboratory (PHOL) will attach the enclosed information sheet to reports of positive tests for human immunodeficiency virus (HIV) types 1 and 2.

The information sheet was prepared by the Canadian AIDS Treatment Information Exchange (CATIE). It will provide HIV-positive persons with important information to understand and manage their HIV diagnosis, including:

- how to access a health care provider knowledgeable about HIV
- resources and supports
- the role of public health in HIV reporting and contact notification
- how to prevent transmission to others

For more information, visit [www.catie.ca](http://www.catie.ca).

We are attaching this information sheet to all new positive HIV test results to help you support clients with important links to care and treatment, at a critical time when they will benefit from assurance and clear, easy to understand materials.

Please share this information with your clients when you inform them of the positive test result, to ensure they have access to important resources.

**For further information:**

- Contact the PHOL Customer Service Centre at 416-235-6556 or 1-877-604-4567 (toll-free), or by email at [CustomerServiceCentre@oahpp.ca](mailto:CustomerServiceCentre@oahpp.ca)
- For PHOL specimen collection information and previous Lababstracts, refer to <http://www.publichealthontario.ca/Labs>
- The CATIE information sheet is also posted at [www.catie.ca/sites/default/files/newly%20diagnosed%20fax%20EN%202016%2001%2019a.pdf](http://www.catie.ca/sites/default/files/newly%20diagnosed%20fax%20EN%202016%2001%2019a.pdf)
- The current version of the PHOL General Test Requisition and other forms are available at <http://www.publichealthontario.ca/Requisitions>
- To subscribe to future Lababstracts, email [lababstracts@oahpp.ca](mailto:lababstracts@oahpp.ca)
- To register for Autofax and receive laboratory reports by fax directly from our laboratory information system as soon as they are released, contact the PHOL Customer Service Centre.

---

# If You've Just Found Out You Are HIV Positive

Finding out you have HIV may be a shock. You do not have to go through this alone: there is help. With ongoing support, care and treatment, HIV can be managed for the long term. You've already taken the first step by getting tested. Now it is important to get care and treatment as soon as you can.

- 1. HIV can be treated.** Talk to the person who gave you your test results about finding a doctor who treats people with HIV. If they cannot give you the name and number of an HIV doctor or a clinic that specializes in HIV, call one of the numbers below.
- 2. HIV treatments may be easier than you think.** Treatment can help keep you healthy and also makes it less likely you will pass HIV on to others.
- 3. All positive HIV test results are reported to the local public health department for follow-up.** You will be contacted by a public health nurse who will provide you with basic information about HIV. The nurse will also talk to you about informing your current and past sexual and drug use partners that it is important for them to have an HIV test. This can be done without giving your name to these partners.
- 4. You don't have to tell everyone you have HIV,** but you have a legal duty to tell your sexual partner(s) you have HIV before having sex if there is a risk of transmission.
- 5. Find out how you can keep yourself and others safe.** HIV can be passed to others during sex without a condom or by sharing equipment for using drugs (such as needles). A public health nurse or other health worker can provide you with information about safer sex and safer drug use.
- 6. Getting support is important.** AIDS Service Organizations (ASO) and other community-based HIV organizations can provide information and counselling and connect you with other services in your area. Contact one of the numbers or the website listed below to find an organization in your area.

---

## For more information:

- **Ontario has a free and anonymous AIDS and Sexual Health Hotline at 1-800-668-2437.** Counsellors can give you information and referrals to an HIV clinic or an ASO. They provide service in English and French and 16 other languages.
- **Also, CATIE is Canada's source for HIV and hepatitis C information.** Visit us at [www.catie.ca/en/nextsteps](http://www.catie.ca/en/nextsteps) or call CATIE at **1-800-263-1638** to find out more about these and other topics, or to help find organizations in your area. CATIE offers services in English and French.