

# REQUEST A FREE IN-HOME HIV TEST KIT

Call **760-365-9192** to request a free text kit



**Knowing your HIV status gives you powerful information to keep you and your partner(s) healthy.**

- The sooner you know your status, the faster you can act. If you do not have HIV, you can choose prevention strategies that work for you. If you test positive, you can get on a course of HIV treatment that allows you access to a long, healthy life but also helps to prevent HIV transmission to others.
- The CDC recommends that everyone aged 13-64 get tested for HIV at least once as part of routine healthcare. If you are sexually active, you should talk to a health provider about how often you should get tested for HIV. A reasonable approach may include getting tested at least once a year.
- In addition to testing, those with high risk factors may consider a prescription for PrEP (pre-exposure prophylaxis) which is medicine people at risk for HIV take to prevent getting HIV from sex or injection drug use. PrEP can stop HIV from taking hold and spreading throughout your body.

## Want more information?

Call **760-365-9192** to get a FREE, in-home HIV test kit or for a free, confidential consultation with our Community Outreach Team.

- EVERY 30-SECOND SOMEONE NEW IS INFECTED WITH THE HIV VIRUS.
- THE HIV VIRUS CAN LAY DORMANT AS LONG AS 10 YEARS, THEREBY POTENTIALLY INFECTING MANY PARTNERS.

**STAY HEALTHY. KNOW YOUR HIV STATUS**



**MORONGO BASIN  
HEALTHCARE DISTRICT**

MorongoBasinHealth.org

*Improving the health and wellness of the communities we serve*