



Personal Assessment for HIV Risk

- 1 Have you ever had sex without a condom?
- 2 Have you ever shared a needle?
- 3 Have you ever shared spoons, pipes, cookers or other equipment for drug use?
- 4 Have you ever shared tattoo or body piercing equipment?
- 5 Have you ever received home or prison tattoos?
- 6 Have you ever shared or borrowed personal care items that may have blood on them such as razors, nail clippers, and toothbrushes.
- 7 Did you have a blood transfusion before 1992?





If you answered “YES” to one or more of the questions you should get tested for HIV, Hepatitis C and other sexually transmitted infections.

The only way to know if you are HIV positive is to get tested.

There have been huge advances in the treatment of HIV, and with the right treatment and care, you can stay healthy.

There is no vaccine to prevent HIV but there are things you can do to avoid passing or getting HIV.

To protect yourself and your partner(s), practise safer sex and avoid sharing drug equipment.

Contact your community health nurse

