

## More information and help.

**New York State Department of Health**  
[health.ny.gov/diseases/aids/publications](http://health.ny.gov/diseases/aids/publications)

### **New York State HIV/AIDS hotlines (toll-free)**

English: 1-800-541-AIDS

Spanish: 1-800-233-SIDA

TDD: 1-800-369-2437

Voice callers can use the New York Relay System 711 or 1-800-421-1220 and ask the operator to dial 1-800-541-2437

### **NYSDOH Anonymous HIV Counseling and Testing Program**

For HIV information, referrals, or information on how to get a free, anonymous HIV test, call the Anonymous HIV Counseling and Testing Program.

**Albany Region:** 1-800-962-5065

**Buffalo Region:** 1-800-962-5064

**Long Island Region (Suffolk/Nassau):**  
1-800-462-6786

**Lower Hudson Valley Region:**  
1-800-828-0064

**Rochester Region:** 1-800-962-5063; TDD:  
1-585-423-8120

**Syracuse Region:** 1-800-562-9423

**New York City:** 311 to for information on  
DOHMH STD clinics

## More information and help.

**New York City HIV/AIDS Hotline**  
1-800-TALK-HIV (825-5448)

**National Centers for Disease Control  
STD hotlines**  
English/Spanish 1-800-232-4636, TTY  
1-888-232-6348

**New York State HIV/AIDS Counseling Hotline**  
1-800-872-2777

**New York State Partner Services:**  
1-800-541-AIDS

**New York City Contact Notification  
Assistance Program:**  
1-212-693-1419

**Confidentiality**  
**New York State Confidentiality Hotline:**  
1-800-962-5065  
**Legal Action Center:** 1-212-243-1313 or  
1-800-223-4044

# EXPECT THE TEST

This health care facility follows good medical practice and public health law by offering HIV testing to all patients aged 13 and older.

## Routine Lab Tests

✓	Glucose
✓	Cholesterol
✓	HIV Test
✓	Complete Blood Count
✓	Lipid Profile

**Worst HIV status: unknown  
Testing puts you in control.**

[hivtestny.org](http://hivtestny.org), [Health.ny.gov/aids](http://Health.ny.gov/aids), [NYC.gov/health](http://NYC.gov/health)

# Key facts to know before getting an HIV Test.

- HIV testing is voluntary and all HIV test results are confidential (private).
- HIV can be spread through unprotected sex, sharing needles, childbirth, or by breastfeeding.
- Treatment for HIV is effective, has few or no side effects and may involve taking just one pill a day.
- Partners can keep each other safe by knowing their HIV status and getting HIV treatment or taking HIV pre-exposure prophylaxis (PrEP). Not sharing needles and practicing safer sex will help protect against HIV, hepatitis C and other STDs.
- It is illegal to discriminate against a person because of their HIV status.
- Anonymous HIV testing (without giving your name) is available at certain public testing sites.
- HIV testing is a routine part of health care but you have the right to object or decline an HIV test.
- If you wish to decline HIV testing, inform the health care provider.

# HIV testing is especially important for pregnant women.

- A woman living with HIV can pass the virus to her child during pregnancy, child birth, or through breastfeeding.
- It is much better to know your HIV status before or early in pregnancy so you can make important decisions about your own health and the health of your baby.
- HIV testing is conducted as early as possible in your pregnancy and again in the third trimester with patient consent.
- If you are pregnant and have HIV, treatment is available for your own health and to prevent passing HIV to your baby.
- If you have HIV and do not get treatment, the chance of passing HIV to your baby is one in four. If you get treatment, your chance of passing HIV to your baby is much lower.
- If you are not tested during pregnancy, your provider will recommend testing when you are in labor. In all cases, your baby will be tested after birth. If your baby's test is positive, it means that you have HIV and your baby has been exposed to the virus.

Talk to your health care provider about how and when you will learn your HIV test results.

**A person living with HIV who is on HIV treatment and virally suppressed for 6 months or longer has effectively no risk of passing HIV to a partner through sex. This is called Undetectable equals Untransmittable or U=U.**

**State law protects the confidentiality (privacy) of your HIV test results. It also protects you against discrimination based on your HIV status.**