

# YOU CAN SAY YES

If you are a minor, aged 13 to 17, you can consent on your own to HIV treatment, HIV testing, and HIV prevention.



# Talking with Adolescents and Young Adults About HIV Consent

About this Booklet:

This booklet was developed to help adolescents understand their rights around consent for HIV treatment, HIV testing, and HIV prevention. It may be helpful for adolescents to review this booklet with someone they trust, like a counselor or health care provider.

# HIV Treatment:

Regardless of age, anyone living with HIV can consent to their own HIV treatment.

HIV treatment:

- Is very effective;
- Has few or no side effects;
- May involve taking just one pill once a day.

If you are living with HIV, it is important to get started on medication right away. All studies show that this is the best way to help keep you healthy. The goal is to start treatment the same day, or within 3 days whenever possible.

Having an HIV test is the only way to know for sure if you have HIV. If the test says you have HIV, the provider who ordered the test has to set up an appointment for HIV care with your consent. Find out about all your options. There is a lot of support available in the community. A health care provider or other trusted person can help you find many different types of support providers. You don't have to handle this alone.



# HIV Testing:

Regardless of age, you can say yes to an HIV test. You do not need anyone's permission. HIV testing can be as simple as an oral (mouth) swab or fingerprick.

Where can you get HIV testing?

- Your primary care provider's office or pediatrician's office;
- Family planning clinic;
- Local health department;
- Community based organization that offers testing.

Check out [www.hivtestny.org](http://www.hivtestny.org) for information about HIV testing and to find sites that offer HIV testing near you.



# HIV Prevention:

There are many ways to prevent HIV. If you are at risk for HIV or other sexually transmitted infections (STIs) you can make your own decisions about HIV and STI prevention options.

You can prevent HIV and STIs by using a condom every time you have vaginal or anal sex. If you need condoms, you can find them at the NYS Condom Access Program located at <https://www.health.ny.gov/diseases/aids/consumers/condoms/nyscondom.htm> or by emailing [NYScondom@health.ny.gov](mailto:NYScondom@health.ny.gov)







# PrEP

Pre-Exposure Prophylaxis (PrEP) is a medicine prescribed by a health care provider. If you are a candidate for PrEP you can consent to the medication on your own. You have to take the medication as directed by a health care provider in order to prevent HIV. Medicaid and most insurance companies cover PrEP, but it is good to have help navigating payment options and financial assistance. Contact one of the sites listed here for how to get help with PrEP: <https://www.health.ny.gov/diseases/aids/general/prep/#prep>

# PEP


Post-Exposure Prophylaxis (PEP) is treatment that can prevent you from getting HIV AFTER an exposure if you act quickly. An exposure is having sex without a condom or sharing injection equipment. PEP must be started as soon as possible after the exposure, best if started within 2 hours. It won't work if it is started later than 72 hours (3 days) after the exposure. If you think you were exposed to HIV, talk to a medical professional about PEP as soon as possible.

**You can call the NYS or NYC PEP hotline:**

**Outside NYC: 844-PEP4NOW (844-737-4669)**

**In NYC: 844-3-PEPNYC (844-373-7692)**

The hotline medical provider will assess your exposure, prescribe PEP through a local pharmacy if needed, and hotline staff can assist with scheduling a follow up medical appointment.



Your medical information about HIV is confidential and cannot be shared, but billing information is something your parent or guardian may receive.

## **Can my parents or guardians find out that I've had a medical appointment involving HIV treatment, testing or prevention?**

Your medical information about HIV is confidential and cannot be shared, but billing information is something your parent or guardian may receive. This includes young adults aged 18-26 who may still be on their parent's health insurance. As an adolescent or a young adult, you can contact your parent's health insurance and ask that a different mailing address be used for the bill or "explanation of benefits" (EOB). The EOB is a sheet that provides billing codes and general information about what the health care provider treated you for. The EOB does not provide any details about what you discussed with the health care provider. Upon your request, the health insurance company will send that EOB to the new address. However, there is nothing stopping a parent or guardian from requesting an EOB or viewing billing information in their on-line account. Changing the address on the EOB WILL NOT guarantee that your parent or guardian doesn't find out about the bill from your doctor's visit. There are some places (such as Planned Parenthood) that may allow you to pay on a sliding scale without using your parent or guardian's insurance. Check with your provider to see if this is an option for you.



# Resources

**PEP Hotlines:**

**Outside NYC:**

844-PEP4NOW (844-737-4669)

**In NYC:**

844-3-PEPNYC (844-373-7692)

**New York City Sexual Health Clinics:**

<https://www1.nyc.gov/site/doh/services/sexual-health-clinics.page>

**New York State Department of Health:**

[www.health.ny.gov/diseases/aids/](http://www.health.ny.gov/diseases/aids/)  
English: 1-800-541-AIDS; Spanish: 1-800-233-SIDA  
HIV TTY/TTD Information Line: 1-212-925-9560.  
Voice callers use the New York relay: 711 or 1-800-421-1220  
and ask for 1-212-925-9560.

**HIV Uninsured Care Program:**

Provides financial assistance for HIV care to anyone living with HIV, regardless of age.  
Program's Hours of Operation: Monday-Friday, 8AM - 5PM  
Toll Free Call: 1-800-542-2437 or 1-844-682-4058  
Out of State Call: 1-518-459-1641  
TDD: 1-518-459-0121

**Condom information:**

<https://www.health.ny.gov/diseases/aids/consumers/condoms/nyscondom.htm>

**PrEP Information:**

[www.PrEPforsex.org](http://www.PrEPforsex.org)  
<https://www.hivguidelines.org/prep-candidates/>

**General HIV Information:**

English: 1-800-541-AIDS; Spanish: 1-800-233-7432

**AIDS Drug Assistance Program (ADAP):** 1-800-542-2437

**HIV Confidentiality Hotline:**

1-800-962-5065