



Comanche County Health Department

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## **June 27 is National HIV Testing Day**

HIV (human immunodeficiency virus) is the virus that causes AIDS. Today, in honor of National HIV Testing Day, the Comanche County Health Department encourages you to get tested for HIV.

The only way to know if you have HIV is to get tested. Many people with HIV don't have any symptoms. In the United States, 1 in 5 people living with HIV don't know they have it. Even if you don't feel sick, early detection and treatment for HIV is important: early treatment can help you live a longer, healthier life.

HIV is spread through some of the body's fluids, like blood, semen, vaginal fluids, and breast milk. HIV is passed from one person to another by:

- Having unprotected sex (vaginal, anal, or oral) with a person who has HIV
- Sharing needles with someone who has HIV
- Breastfeeding, pregnancy, or childbirth if the mother has HIV
- Getting a blood transfusion that has HIV (very rare in the U.S.)

**Am I at risk for HIV? Find Out, Get Tested!**

Comanche County Health Department offers free testing and is open to anyone. HIV and other sexually transmitted disease exams are currently provided on a walk-in basis between the hours of 8:00 am and 4:00 pm. There are a pre-determined number of appointments available in the morning and afternoon depending on staff availability. To obtain one of these appointments, it is strongly recommended that the client arrive by 8:00 am for a morning slot or by 12:00 pm for an afternoon slot. For questions please call (580) 248-5890.