



State of Wisconsin

Department of Health and Family Services

Jim Doyle, Governor

Karen E. Timberlake, Secretary

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For Immediate Release

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Take the Test, Take Control

June 27 is National HIV Testing Day

“Take the Test, Take Control,” the theme of National HIV Testing Day on June 27th, highlights the importance of taking an HIV test as a positive step in controlling one’s health and that of one’s partners.

“Taking an HIV test is the only way to know if you are infected with HIV, the virus that causes AIDS,” said Secretary Karen Timberlake. “HIV testing is the first step in taking control. For persons who become aware they have HIV infection, the next step is early medical care.”

Each year, the CDC estimates over 40,000 Americans are infected by HIV, and up to two thirds of new infections occur as a result of a person being unaware they are infected and passing HIV to someone else. Nationally, over one million people are infected with HIV, a quarter of which may not know they are infected. Here in Wisconsin, 8,000 people are living with HIV, of which an estimated 2,000 are unaware they are HIV positive.

The U.S. Department of Health and Human Services recommends ways to help stop the spread of HIV.

- **Be safe.** The best way to prevent HIV is to abstain from having sex. If you do have sex, use a new latex condom every time. Do not share needles or syringes.
- **Talk about it.** Talk about sex and HIV with your partners. Find out when they were last tested for HIV and what their status was.
- **Talk to your doctor.** If you are at risk for HIV, you should get tested at least once a year.
- **Spread the word.** Thousands of Americans are getting HIV each year. Set an example by getting tested and spreading the word that others should do the same.

The CDC encourages health care providers to make HIV testing a part of routine screening for all patients. When detected, current medications and treatments can prolong and increase the quality of life of persons living with the virus.

Persons who have questions about HIV testing are encouraged to talk with their health care provider, local health department, or call 1-800-334-2437 to locate HIV testing resources in Wisconsin.

For more information about HIV/AIDS in Wisconsin, visit <http://dhfs.wisconsin.gov/aids-hiv/index.htm>

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