

## Factsheet #1: Testing for HIV

### YOUR KEY MESSAGE:

*“An HIV test is a choice to live healthy and well. A negative HIV result helps you to stay HIV free. While a positive HIV result gives you the chance to live a good and healthy life too: because there’s effective treatment now for people living with HIV. No matter what the result, getting tested helps you to live your dreams and to do what you really want to do with your life.”*

### WHAT TO ASK PEOPLE ABOUT HIV

What do you think or feel about HIV?  
 What do you know about it?  
 What was your experience of HIV testing?

### WHAT TO SAY ABOUT HIV

HIV is transmitted through unprotected anal and vaginal sex and by sharing needles.

It’s possible to stay HIV-free. Using condoms and water-based lube for anal and vaginal intercourse helps to protect you and your partners from getting or passing on HIV to each other.

There’s good news about HIV – there’s effective HIV treatment in Mongolia that helps people live long and healthy lives.

The earlier a person knows they have HIV the better their chances of living well.

It’s possible to have a relationship with someone who doesn’t HIV so that they stay HIV free by using condoms during sex and reducing your viral load using HIV treatment.

### WHAT TO SAY ABOUT HIV TESTING

HIV testing is **confidential** and **private**. Even though we meet in the same places as you and your friends, we don’t tell *anyone* about your health results, ever.

You don’t have to be alone through the testing process. We’re here to help you. We can go with you, wait with you for the results and afterwards too.

**If you test HIV negative**, we’ll help you understand how to stay HIV free.

**If you test HIV positive**, we’ll help you too. You won’t be alone. We’ll help you get what you need to live well with HIV.

### HELPFUL SERVICE HINTS

**Be honest** – when you know the answer to a question answer it. When you don’t, offer to find out and let the person know when you see them again. Don’t mislead people, ever: especially about HIV, sexual health or drug-use questions.

**Accept people for who they are** – don’t judge people for what they do, what they disclose to you or the choices they make to test or not to test, to treat or not to treat. Be a non-judgmental friend to the people you meet.

**Do what you promise to do** – follow through on the things you promise to do. If you can’t do something then say that you can’t do it.