



— **MULTILINGUAL TOOLKIT** —

HIV TESTING WEEK 2023

Multicultural HIV and Hepatitis Service (MHAHS)
Diversity Programs and Strategy Hub
www.mhahs.org.au @TheMHAHS



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HIV Testing week , 1 - 7 June 2023

The first week of June is HIV Testing Week in NSW, a crucial time when NSW Health shines a spotlight on the significance of HIV testing and urges our communities to prioritize it. Reduced uptake of HIV testing further contributes to late diagnoses presentations, particularly for those from migrants and reufgee backgrounds from high HIV-prevalence countries. We can start to address these challenges and ensure accessibility with contemporary testing options, such as Dried Blood Spot (DBS) testing.

We invite you to join us in supporting the HIV testing campaign by utilizing the provided animations and suggested posts in this toolkit. By sharing these resources through your organization's social media channels and digital platforms, you can contribute to raising awareness and increasing accessibility to HIV testing for priority communities.



DBS Testing Resources

Dried Blood Spot (DBS) Testing offers eligible individuals the convenience of testing for HIV in the comfort of their own homes, eliminating the need for doctor visits. It's a simple, reliable, and confidential method that allows community members to order a free DBS testing kit online, provide a fingerprick blood sample on the test card provided, and send it back to the laboratory for testing. Results are provided by a nurse within a week.

DBS Hands Animation

English

[download here](#)

Arabic

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Chinese

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Indonesian

[download here](#)

Khmer

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Portuguese

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Spanish

[download here](#)

Thai

[download here](#)

Vietnamese

[download here](#)



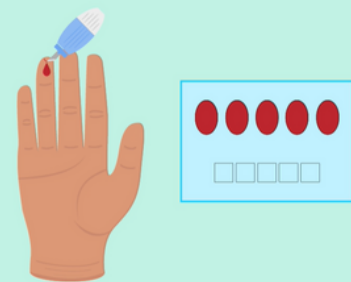
DBS demonstration video



[download here](#)

Multilingual DBS Testing Animations

你需要艾滋病毒测试吗?
在家里测试艾滋病毒



Download	Language	Suggested Post
Download Chinese animation	Chinese (Simplified)	你需要艾滋病毒测试吗? 对于一个免费, 简单和保密的测试, 你可以在家里做。访问 www.hivtest.health.nsw.gov.au
Download Indonesian animation	Indonesian	Apakah anda membutuhkan tes HIV ? Untuk uji gratis, mudah dan rahasia yang dapat anda lakukan di rumah kunjungi: www.hivtest.health.nsw.gov.au
Download Thai animation	Thai	คุณมีความจำเป็นที่จะต้องมีการทดสอบเอชไอวีหรือไม่ สำหรับการทดสอบฟรีที่ง่ายและเป็นความลับที่คุณสามารถทำได้ที่บ้าน ให้เข้าไปที่ www.hivtest.health.nsw.gov.au
Download Vietnamese animation	Vietnamese	BẠN CÓ CẦN XÉT NGHIỆM HIV KHÔNG? Để có một thử nghiệm miễn phí, dễ dàng và bảo mật, bạn có thể làm ở nhà, xin vào trang mạng www.hivtest.health.nsw.gov.au

HIV What You Need to Know booklet



Vietnamese



Arabic



Chinese



Indonesian



Thai



Spanish



Portuguese



English

A comprehensive resource providing essential information about HIV.
Produced by MHAHS

[download here](#)

7 Good Reasons to Test



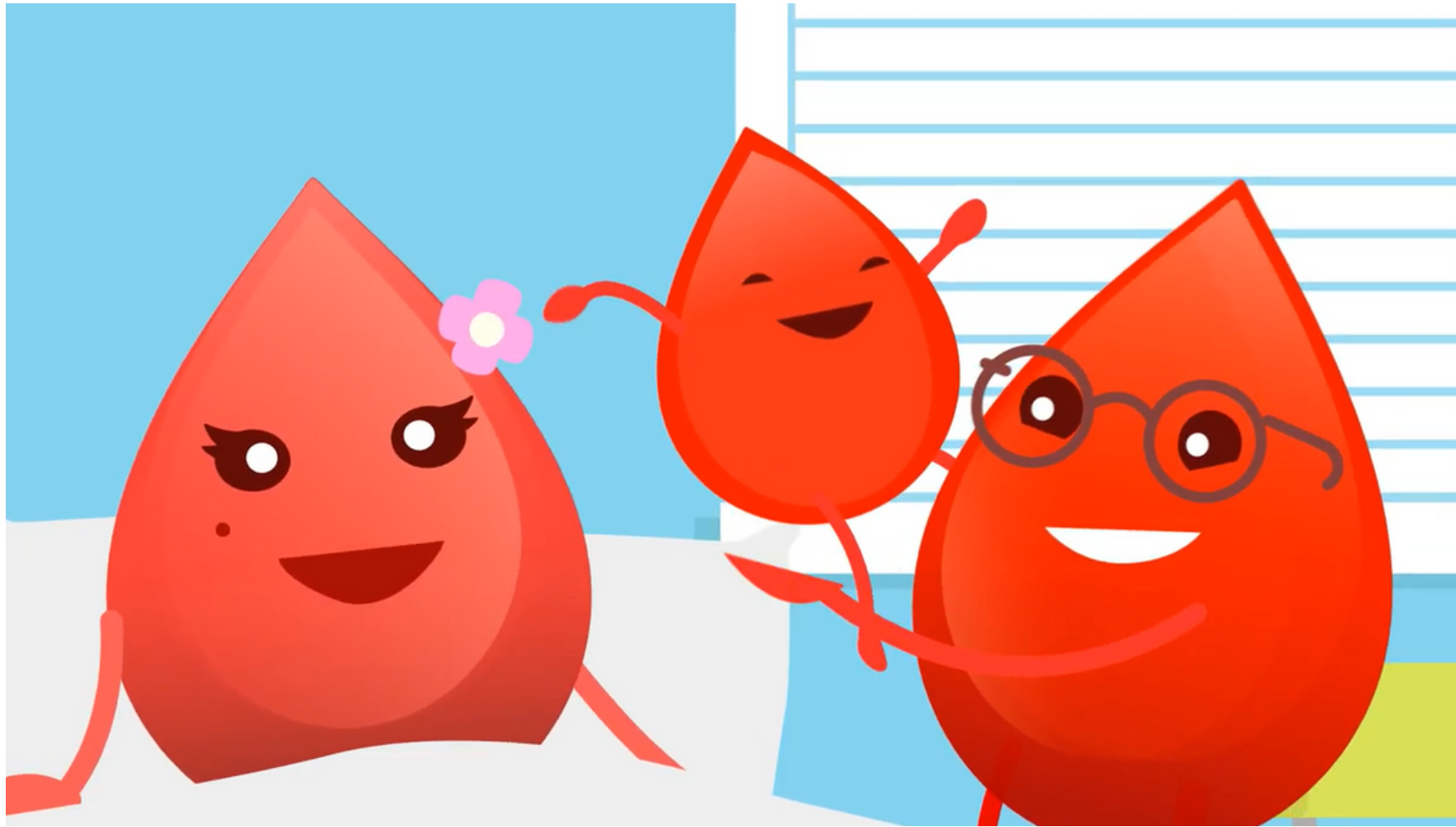
A resource developed by Positive Life, MHAHS, and Pozhet, funded by NSW Health, presenting seven good reasons to test for HIV.

Available in:

- English
- Arabic
- Chinese
- Spanish
- Portuguese
- Indonesian
- Vietnamese
- Thai

[download here](#)

Pozhet Stigma Animation



An animation about stigma surrounding HIV developed by Pozhet and the Multicultural HIV and Hepatitis Service (MHAHS). It aims to address the lack of awareness about HIV, particularly among heterosexuals and people from diverse backgrounds.

[download here](#)

Pozhet Factsheets

download here

In-language factsheets developed by Pozhet, with support from MHAHS. Available in 10 priority languages:

- Arabic
- Chinese Simplified
- Hindi
- Indonesian
- Mongolian
- Nepali
- Portuguese
- Spanish
- Thai
- Vietnamese

Factsheet 1

HIV and Having a Baby

DECEMBER 2019

Introduction

People living with HIV (PLHIV) can have healthy children without transmitting (giving HIV to another person) to their partner or baby. Transmission of HIV from mother to child is extremely rare in Australia.

By taking HIV medications and with the support of health workers:

- Women living with HIV can get pregnant without transmitting to their partner
- Women living with HIV can reduce the risk of transmission to their baby to almost zero (<1%)
- Men living with HIV can have children without transmitting to their partner or baby

Preparing to Have a Baby

If you, your partner, or both, have HIV and are thinking about having children you should tell your HIV doctor that you would like to have a baby. They will talk with you about the safest way to get pregnant and have a HIV-negative baby. They will make sure your HIV medications are safe for pregnancy and that you have the right support.

Sometimes pregnancies can be unplanned. If this happens, see your doctor as soon as possible so they can give you the help and information you need.

Fertility

HIV can affect your ability to become pregnant. If you do not become pregnant in the first year of trying, it is a good idea to talk with your HIV doctor. They can give you helpful advice or refer you to a fertility clinic.

Having a Baby with a HIV Negative Partner

When one partner is living with HIV and the other is not, it is possible to become pregnant without transmission to the negative partner. If the HIV-positive partner takes their HIV medications and maintains an undetectable viral load, there is no risk of transmission.

Regular testing is important to ensure the viral load is undetectable. Before trying to get pregnant, both partners should be checked and treated for sexually transmitted infections.

The HIV-negative partner can also take HIV medication before and while they are trying to get pregnant to prevent infection. This treatment is known as PrEP (Pre-Exposure Prophylaxis) and is an additional option if the partner with HIV has a detectable viral load. Talk to your doctor about this if you want more information.

Timing of sex to coincide with ovulation (about 2 weeks before the period starts) can be discussed with a treating doctor to increase the chance of getting pregnant and reduce risk of transmission. This means having sex for a few days when the female partner is

An 'undetectable viral load' (UVL) means that the amount of HIV in your blood is so low that it cannot be transmitted. This does not mean HIV is completely removed from the body or you are cured. It means that the amount of virus remaining is so low, it cannot be passed on by having sex. Most people can have an UVL if they stay on their HIV medication as the doctor prescribes.

Factsheet 2

HIV and Relationships

DECEMBER 2019

Introduction

People living with HIV (PLHIV) can have relationships, have sex and have children without passing on HIV.

A positive person might feel nervous when starting a relationship with someone who doesn't have HIV. They might think things like:

- When should I tell them that I have HIV?
- How will they react?
- How do I explain what it means to be undetectable and the ways to prevent HIV transmission (giving HIV to another person)?

With the right information, treatment and support, PLHIV can have healthy sex and relationships.

Telling

Telling other people your HIV status is often called disclosure. It is something to think about if you are starting a new relationship.

You will need to decide:

- If you must tell them
- If you are ready to tell them
- How to tell them

If you are not having sex with them, you may decide not to tell them.

It is a good idea to talk to a social worker or counsellor if you want to tell a partner about having HIV. They will help you prepare and support you to decide what to say, when to tell them, and what to expect.

Disclosure and the Law in NSW

If the relationship involves sex, you do not have to tell the person as long as you are taking action to not pass on HIV. Under the law this is called 'reasonable precaution'.

This can mean using condoms and/or taking your medication as prescribed, and having an undetectable viral load (see below).

Your doctor will tell you what you need to do for this.

Things to Consider before Disclosing HIV Status

- Can I trust this person?
- Do they treat people with empathy and respect?
- Do they care about me?
- Am I ready for questions like 'How did you get it'?
- Many people in the general community don't know a lot about HIV and I may have to educate them or tell them where to find information.

An 'undetectable viral load' (UVL) means that the amount of HIV in your blood is so low that it cannot be transmitted. This does not mean HIV is completely removed from the body or you are cured. It means that the amount of virus remaining is so low, it cannot be passed on by having sex. Most people can have an UVL if they stay on their HIV medication as the doctor prescribes.

Factsheet 3

Ageing and HIV

APRIL 2021

Introduction

People who have HIV are living longer and healthier lives. The HIV medications used today are very effective. They support and protect the body's immune system and help to prevent many illnesses.

People who have HIV can live as long as people who do not have HIV. However, people with HIV may develop health problems not related to HIV as well as other age-related health conditions at a younger age.

Monitoring your mental and physical health and having a healthy lifestyle can help prevent and improve the outcome of these conditions.

What we know

- A recent life expectancy study has shown that people who have HIV can live as long as their HIV negative peers. However the study found that HIV-positive people experienced these non-HIV and ageing-related health problems on average 16 years earlier than their negative peers.¹
- People with HIV have higher rates of some age-related conditions, including cardiovascular disease (heart and blood vessel), osteoporosis (bone) and some cancers. Some people experience problems with concentration, memory loss and behaviour change. This condition is known as HAND (HIV-associated neurocognitive disorders).²
- People with HIV who have a weakened immune system (low CD4 count) are more likely to become ill. People who had a high level of virus (viral load) at the time they discovered they had HIV are more likely to develop some health problems, even if their health has since improved.³
- Factors such as age, the level of virus in the blood, genetic factors, lifestyle and health care, all have an impact on life expectancy and health. It is important to know that there are other causes for age related health problems, not related to HIV. For example, smoking and stress can cause heart disease whether a person has HIV or not.
- Women who have HIV could be more likely to have higher rates of non-AIDS related conditions including age-related health problems than men.^{4,5}
- Changes to your lifestyle can keep you healthy and help avoid many physical and mental health problems.

What you can do to stay healthy

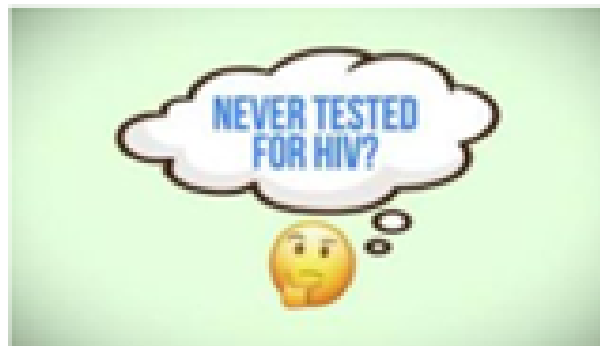
Healthy eating, regular exercise, relaxation, sleep and a good social life, can help you to stay well and avoid health problems.

- **Have a good relationship with your health care worker (doctor, nurse, social worker counsellor or other support worker)**
It is important that you find a health care worker you trust and can talk to. They can help you understand your medication. Talk to them if you cannot remember to take your medication or if you do not feel like taking it.
- **Attend medical appointments regularly**
Regular health checks make sure any problems are found before they become serious.
- **Stop smoking**
Talk to your health care worker about options that will work for you. You can get free professional help to make a quit attempt from the NSW Quitline on 13 7848 and the Cancer Institute NSW website: www.icanquit.com.au

¹ Messeri JS, et al. Increased overall life expectancy but not cardiovascular-free years for people with HIV: Conference on Retroviruses and Opportunistic Infections, abstract 151, March 2020.
² <https://www.aidsmap.com/about/hiv-and-ageing-process>.
³ [doi:10.1093/aje/kwz201](https://doi.org/10.1093/aje/kwz201).
⁴ [doi:10.1093/aje/kwz201](https://doi.org/10.1093/aje/kwz201).
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¹⁰⁰ [doi:10.1093/aje/kwz201](https://doi.org/10.1093/aje/kwz201).

More video resources

Never Tested for HIV: Overseas Students



[download here](#)

One In Ten



[download here](#)

Travel and HIV



[download here](#)

Heterosexuals and HIV: Visibility



[download here](#)

Back From Overseas



[download here](#)

Suggested text for social media

Key message	Text
Testing from home	"You can test for HIV in your own home. To receive a free, easy and confidential postal HIV test, visit www.hivtest.health.nsw.gov.au "
Test via finger prick	Do you need an HIV test? This finger prick test is free, easy and confidential and can be done in the privacy of your own home. Visit www.hivtest.health.nsw.gov.au

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For more information, email
info@mhahs.org.au

Multicultural HIV and Hepatitis Service (MHAHS)
Diversity Programs and Strategy Hub
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