

HIV PREVENTION FACTSHEET



CARING FOR OUR ABORIGINAL & TORRES STRAIT ISLANDER COMMUNITIES



What is HIV (Human Immunodeficiency Virus)?

A virus that effects your ability to fight off infections. HIV multiplies quickly and can damage the protective cells in the body.

HIV is a BBV (Blood-Borne Virus)

This is passed by blood or some body fluids.

These bodily fluids are:

- Semen (cum)
- Bloods
- Vaginal fluids
- Breastmilk
- Rectal fluids (bum fluids)

How is HIV transmitted?

Most commonly people get or transmit HIV through:

- Vaginal or anal sex without the use of condoms
- Sharing used needles and syringes
- Unclean tattoo needles and ink
- Oral sex is very low risk for HIV transmission

HIV Prevention

Correct use of condoms and water-based lubricant is a very effective option to prevent the transmission of HIV and most STIs. Free condoms, dams and internal (female) condoms are available by ordering online <https://quac.org.au/wrapped-n-ready/> or call the QC Cairns office on 4041 5451.

PrEP (Pre-Exposure Prophylaxis)

A pill is taken orally (by mouth) every day to stop you from getting HIV. PrEP is one form of HIV prevention used by people who do not have HIV and are at risk of getting HIV.

The Closing the Gap Incentive means you can access free or affordable medications. If the clinic and you are registered for Closing The Gap, you can get PrEP. **Free** with a Health Care Card or **\$6.60** without a Health Care Card for a month supply. Learn more about PrEP and accessing PrEP via the Closing the Gap incentive visit www.comeprepd.info or ask your doctor about PrEP.

PEP (Post-Exposure Prophylaxis)

PEP is medication designed to be used **after a possible exposure** to HIV. If you feel you have been exposed to HIV due to a broken condom, after sharing used needles or sex without a condom, **a course of PEP can prevent HIV infection.**

For PEP to be effective, you need to commence the month long course of treatment **as soon as possible but within 72 hours.** PEP is available from most sexual health clinics, the Emergency Departments of most Public Hospitals **and Primary Health Centres in the Torres and Cape.**

HIV Test Procedure

A test requires a sample of blood from a vein taken by a nurse or doctor with the patient's consent. The sample is sent to the medical lab for testing. HIV test results are reported to the client as positive or negative. **Negative** means no HIV was detected. **Positive** means HIV was detected.

What is HIV Undetectable Viral Load?

When copies of HIV cannot be detected by standard viral load tests (we can't find HIV in your blood test), a HIV-positive person is said to have an "undetectable viral load". An undetectable viral load does not mean you do not have HIV, it means the virus is below the level of detection. With lower levels of HIV in the blood the virus is no longer damaging the immune system.

U=U is short for Undetectable = Untransmissible

If a person's viral load is 'Undetectable', it means they are **UNABLE** to pass HIV to other sexual partners. With undetectable viral load **for six months or more**, there is **ZERO risk** of transmission.

Where can I get tested?

Testing for HIV and other STI's (Sexually transmitted infections) is easy, confidential and often free. Ask your doctor or healthcare worker for a full STI/HIV screening if you feel comfortable.

North Queensland Health Services

Wuchopperen 6 Moignard Street, Manoora (07) 4080 1000	Wuchopperen 7 Stokes Street, Edmonton (07) 4040 3100
Gurriny Yealamucka Health Service Aboriginal Corporation 1 Bukki Road, Yarrabah (07) 4226 4100	Mulungu Aboriginal Corporation Primary Health Care Service 162-164 Walsh Street, Mareeba (07) 4086 9200 After Hours: (07) 4092 9333
Mulungu Aboriginal Corporation Primary Health Care Service 22c Evens Street, Atherton (07) 4086 9200 Admin: (07) 4086 9268	Mulungu Aboriginal Corporation Primary Health Care Service 178 Oak Forest Road, Kuranda (07) 4086 9200 After Hours: (07) 4092 9333
Apunipima Cape York Health Council 186 McCoombe Street, Bungalow, Cairns (07) 4037 7100	Artharpuch Family Centre (Kowanyama) Chellikee Street, Kowanyama (07) 4037 7340
Aurukun Health Care Centre Kang Kang Road, Aurukun (07) 4037 7301	Charkil-Om Primary Health Care Centre 412 Moun-ding Road, Napranum (07) 4037 7390
Coen Health Care Centre 38 Regent Street, Coen (07) 4037 7310	Mapoon Primary Health Care Service Red Beach Road, Mapoon (07) 4082 9400
Mossman Gorge Primary Health Care Centre 4 Kankarr Street, Mossman Gorge (07) 4037 7380	Mamu Health Service Limited 10 Ernest Street, Innisfail (07) 4061 5100
Cairns Sexual Health Services 381 Sheridan Street, Cairns North (07) 4226 4769	Kowanyama Primary Health Care Centre Carrington Street, Kowanyama (07) 4083 7600
Cooktown Multipurpose Health Service 48 Hope Street, Cooktown (07) 4043 0100	Weipa Primary Health Service Hospital Lot 407 John Evans Drive, Weipa (07) 4082 3900
Pompuraaw Primary Health Care Centre 8 Korka Street, Pompuraaw (07) 4060 4800	Townsville Aboriginal & Islander Health Service 57-59 Gordon Street, Garbutt (07) 4759 4000
Gidgee Healing 8 Burke Street, Mount Isa (07) 4744 0400	Normanton Primary Health Care Services 32 Brown Street, Normanton 07 4769 7000
Doomadgee Primary Health Care Services Goodeedawa Road, Doomadgee 07 4448 2500	Mornington Island Lardy Road, Mornington Island (07) 4744 0400
NPA Family and Community Service Lot 10 Adidi Street, Bamaga (07) 4212 2000	Torres and Cape Hospital and Health Service (07) 4069 0400 or (07) 4069 0217
Men's and Women's Health Program Thursday Island (07) 4069 0412	Thursday Island Hospital (07) 4069 0200
Badu Islander Primary Health Care Centre (07) 4069 4127	Boigu Islander Primary Health Care Centre (07) 4069 4153
Coconut Island Primary Health Care Centre (07) 4069 4288	Darnley Islander Primary Health Care Centre (07) 4069 1500
Dauan Island Primary Health Care Primary (07) 4069 4269	Horn Island Primary Health Care Centre (07) 4030 6200
Saibai Island Primary Health Care Centre (07) 4069 4252	