

### III. Testing

#### [1] What is HIV testing?

HIV testing is a powerful tool to know your HIV status. You could have HIV and still feel healthy. The only way to know if you have HIV is to get tested. HIV testing is free, fast, and confidential. Whether you test positive or negative, you can use that knowledge to take better care of yourself and your loved ones.



#### [2] When should I get HIV test?

At the early infection of HIV, test may be negative because antibodies have not been produced. This period of time is called the window period. It lasts approximately 6 to 12 weeks. If you think you may have been exposed to HIV, we recommend HIV testing 6 to 12 weeks after exposure.

#### [3] Where can I get the HIV tests in Taiwan?

There are 43 designed-hospitals, 7 non-governmental organizations, 16 LGBT community health centers and city/county health bureau and its branches which provides free anonymous HIV testing and counseling services. You can find Free, Fast, and Confidential Testing Near You. Please log on to

<http://www.cdc.gov.tw/english/index.aspx>  
[Home / Health topics / Communicable Diseases & Prevention/ HIV/AIDS] for more information, or you can also contact toll-free hotline 1922.



[www.cdc.gov.tw](http://www.cdc.gov.tw)



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## Preventing HIV To create a future without AIDS



衛生福利部疾病管制署  
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## I. AIDS Knowledge



### (1) What is HIV

The HIV infects cells of the immune system, destroying or impairing their function. Infection with the virus results in progressive deterioration of the immune system, leading to "immune deficiency". The immune system is considered deficient when it can no longer fulfill its role of fighting infection and disease. Infections associated with severe immunodeficiency are known as "opportunistic infections", because they take advantage of a weakened immune system.



START



### (2) How is HIV transmitted

HIV can be transmitted through unprotected sexual intercourse (vaginal or anal), and oral sex with an infected person; transfusion of contaminated blood; and the sharing of contaminated needles, syringes or other sharp instruments. It may also be transmitted between a mother and her infant during pregnancy, childbirth and breastfeeding.

### (3) How quickly does a person infected with HIV develop AIDS?

The length of time can vary widely between individuals. Left without treatment, the majority of people infected with HIV will develop signs of HIV-related illness within 5–10 years, although this can be shorter. Antiretroviral therapy (ART) can slow the disease progression by preventing the virus replicating and therefore decreasing the amount of virus in an infected person's blood.

## II. Prevention

How can I minimize my risk of HIV transmission through sex?

- (1) Use condoms correctly each time you have sex (include anal sex, vaginal sex and oral sex).
- (2) Choose water-based lubricants for use with condoms.
- (3) Limit your number of sex partners.
- (4) Talk to your doctor right away (within 3 days) about post-exposure prophylaxis (PEP) if you have a possible exposure to HIV.
- (5) If your partner is HIV-positive, encourage your partner to get and stay on treatment.

