

THE IMPLICATIONS OF TESTING POSITIVE FOR HIV

A positive test result is not a diagnosis of AIDS. A positive test means that you have HIV infection. Like people with other chronic medical problems, people with HIV infection have a spectrum of conditions, ranging from no symptoms to very serious ones. Over time, most people with HIV infection progress along the spectrum toward more serious symptoms. **However, both improved medical management and many options for self-care now provide new hope for people with HIV infection.** Anti-viral drug therapy and preventive antibiotics can delay progression of HIV infection and postpone or modify complications.

It is extremely important to find a knowledgeable, experienced, and supportive health care provider to work with you in evaluating and managing your HIV infection. If you do not know whom to see, consult your local AIDS Resource Center or AIDS Network office for recommendation or call the Wisconsin AIDSline to obtain a referral. **In Wisconsin, call 1-800-334-2437 or e-mail AIDSline@ARCW.org. In Milwaukee, call (414) 273-2437.**

Your health care provider can perform periodic examinations and arrange for appropriate tests to help you decide what treatments and interventions you may want to use. Many people with HIV infection are being successfully treated with anti-viral drugs such as zidovudine (AZT) to slow the progress of the infection. Depending on the results of certain tests of your immune system, you may also benefit from therapies to prevent some infections. People with HIV infection also need regular tuberculosis (TB) screening and certain vaccinations. You and your health care provider can work out a schedule of follow-up visits appropriate for you.

You may also want to utilize some self-care options and nonmedical therapies. A nutritious diet, regular exercise, restful sleep, stress reduction, and spiritual peace (which are important for everyone) are even more helpful for many people with HIV infection. Some people with HIV infection find strength in meditation, massage, and specialized diets. If you are HIV positive, it is healthier to avoid alcohol and recreational drugs because they may damage your immune system.

A positive test result may mean that you have to make changes in certain areas of your life. It is much easier to make these adjustments with the help and support of others. There are support groups and counselors at most AIDS service organizations. You might seek support from your partner or trusted friends, family, clergy, or health professionals. **Counseling can help you put things in perspective.** Some people who test positive find counseling assists them in handling social and intimate relationships, dealing with fear, and promoting self-esteem. Professional counseling can help lessen the effects of the numerous issues that you may face.

You have a responsibility to yourself and to others to avoid transmitting the virus. Counselors can help sort out your feelings about intimate relationships and help you learn about HIV risk-reduction methods. Not only should you avoid infecting others, but you should also avoid getting reinfected. Getting reinfected may help speed up the process of the HIV infection you already have.

Being HIV positive means taking the right steps to maintain your health. Dealing with the fear is healthier than avoiding the knowledge of HIV infection.

For more information on HIV antibody testing and HIV related services, contact the Wisconsin AIDSline at 1-800-334-2437 or email AIDSline@ARCW.org. In Milwaukee, call (414) 273-2437.

Based on information contained in the brochure *The HIV Antibody Test*, produced by the American College Health Association.

RESOURCES FOR PERSONS WITH A POSITIVE HIV TEST

The **Wisconsin AIDSline** provides accurate, timely information on AIDS/HIV to people throughout Wisconsin. It offers confidential answers to your questions on the implications of a positive HIV antibody test. The Wisconsin AIDSline also provides a comprehensive listing of HIV-related medical and social services, such as dental and physician care, home care, legal aid, pastoral care, support groups, and counseling and information on Wisconsin's AIDS Resource Centers. To contact the Wisconsin AIDSline, call **1-800-334-2437** or e-mail **AIDSline@ARCW.org** in Milwaukee, call **(414) 273-2437**.

AIDS Resource Centers of Wisconsin (ARCW) provide direct support services to people living with AIDS and HIV infection. Services through ARCW's Appleton, Eau Claire, Green Bay, Kenosha, La Crosse, Milwaukee, Superior, and Wausau offices include primary medical care, medical referrals, financial assistance, housing and rent assistance, legal counsel, comprehensive case management, food and nutritional assistance, emotional support, referral for pastoral care, assistance with daily living needs, and support groups. Services through ARCW's Madison office include financial assistance, housing and rent assistance, and legal counsel. Call, visit, or write the AIDS Resource Center of Wisconsin near you or visit the Web site at www.ARCW.org.

Appleton AIDS Resource Center of Wisconsin
120 North Morrison Street, Suite 201
Appleton, WI 54911
(920) 733-2068
1-800-773-2068
FAX: (920) 733-7786

Counties served: Calumet, Fond du Lac,
Green Lake, Marquette, Outagamie,
Sheboygan, Waupaca, Waushara, Winnebago

Eau Claire AIDS Resource Center of Wisconsin
505 Dewey Street South, Suite 107
Eau Claire, WI 54701
or
PO Box 11
Eau Claire, WI 54702-0011
(715) 836-7710
1-800-750-2437
FAX: (715) 836-9844

Counties served: Barron, Buffalo, Burnett,
Chippewa, Clark, Dunn, Eau Claire, Pepin,
Pierce, Polk, Rusk, St. Croix, Washburn

Green Bay AIDS Resource Center of Wisconsin
824 South Broadway
Green Bay, WI 54304
or
PO Box 2040
Green Bay, WI 54306-2040
(920) 437-7400
1-800-675-9400
FAX: (920) 437-1040

Counties served: Brown, Door, Kewaunee,
Manitowoc, Marinette, Menominee, Oconto,
Shawano

Kenosha AIDS Resource Center of Wisconsin
1212 57th Street
Kenosha, WI 53140
or
PO Box 0173
Kenosha, WI 53141-0173
(262) 657-6644
1-800-924-6601
FAX: (262) 657-6949

Counties served: Jefferson, Kenosha, Racine,
Walworth

State of Wisconsin, Office of the Commissioner of Insurance
Insurance Coverage and AIDS

La Crosse	AIDS Resource Center of Wisconsin Grandview Center 1707 Main Street, Suite 420 La Crosse, WI 54601 (608) 785-9866 1-800-947-3353 FAX: (608) 784-6661	Counties served: Jackson, La Crosse, Monroe, Trempealeau, Vernon
Madison	AIDS Resource Center of Wisconsin 121 South Pinckney Street, Suite 210 Madison, WI 53701 (608) 258-9103 1-800-518-9910 FAX: (608) 258-9136	Counties served: Adams, Columbia, Crawford, Dane, Dodge, Grant, Green, Iowa, Juneau Lafayette, Richland, Rock, Sauk
Milwaukee	AIDS Resource Center of Wisconsin 820 North Plankinton Avenue Milwaukee, WI 53203 or PO Box 510498 Milwaukee, WI 53203-0092 (414) 273-1991 1-800-359-9272 FAX: (414) 273-2357	Counties served: Milwaukee, Ozaukee, Washington, Waukesha
Superior	AIDS Resource Center of Wisconsin Board of Trade Building 1507 Tower Avenue, Suite 230 Superior, WI 54880 (715) 394-4009 1-877-242-0282 FAX: (715) 394-4066	Counties served: Ashland, Bayfield, Douglas, Iron, Sawyer
Wausau	AIDS Resource Center of Wisconsin 1105 Grand Avenue, Suite 1 Schofield, WI 54476 or PO Box 26 Schofield, WI 54476 (715) 355-6867 1-800-551-3311 FAX: (715) 355-0640	Counties served: Florence, Forest, Langlade, Lincoln, Marathon, Oneida, Portage, Price, Taylor, Vilas, Wood

AIDS Network provides direct support services to people living with AIDS and HIV infection throughout a thirteen county area of south central Wisconsin. These services include comprehensive case management services, prevention education, advocacy, legal assistance, emergency financial assistance, housing, volunteer support, counseling and testing, assistance for daily living needs, and emotional and practical support. AIDS Network offices offer comprehensive services in the following counties: Adams, Columbia, Crawford, Dane, Dodge, Grant, Green, Iowa, Juneau, Lafayette, Richland, Rock and Sauk. Call, visit, or write the AIDS Network near you.

Beloit: Aids Network
136 West Grand Avenue, Suite 202
Beloit, WI 53511
(608) 364-4027
1-800-486-6276
FAX: (608) 364-4073

Janesville: Aids Network
101 East Milwaukee Street, Suite 96
Janesville, WI 53547
or
P.O. Box 8486
Janesville, WI 53547
(608) 756-2550
1-800-486-6276
FAX: (608) 756-2545

Madison: Aids Network
600 Williamson Street
Madison, WI 53703
(608) 252-6540
1-800-486-6276
FAX: (608) 252-6559

Additional Resources:

Dennis C. Hill Harm Reduction Center
AODA Outpatient Clinic
4311 West Vliet Street
Milwaukee, WI 53208
(414) 342-4333
FAX: (414) 342-4710
Wisconsin AIDS Research Consortium
820 North Plankinton Avenue
Milwaukee, WI 53203
or
PO Box 510498
Milwaukee, WI 53203-0092
(414) 225-1600
1-800-359-9272
FAX: (414) 225-1656