

**CHECK IN**

## HAVE A MINUTE ?

Feeling uncertain about your status can be stressful, and for some folks - overwhelming.

We get you.

**Take a breath** & keep in mind that testing is an important tool to keep you informed & healthy.

Unfortunately, there's still a lot of misinformation and stigma about HIV. **With access to treatment and care, people with HIV live long & healthy lives.**

With new medications, HIV viral load can be lowered to undetectable level and you can't pass HIV to your partners!

## NEED A TEST BUDDY ?

**CBRC offers email, text & phone based peer support with self testing & resource navigation.**

Call/Text: 1-877-607-2272

Email: [buddies@cbrc.net](mailto:buddies@cbrc.net)

Monday-Friday, 9am-5pm EST

## SOMEONE TO LISTEN?



Distress Center of  
Toronto  
416 - 408- 4357

Multi-lingual line  
1-877- 298- 5444

## IF YOU RUN INTO PROBLEMS SELF-TESTING Get in touch...

Book an anonymous  
test with us

**SCAN ME**



Or call us at 416-703-8482 ext. 2448  
Voice mail service. We aim to respond within 24 hrs.

## Need a self test kit ?

**Queen West: 416-703-8482**  
168 Bathurst Street

**Parkdale: 416-537-2455**  
1229 Queen Street West



**PARKDALE  
QUEEN WEST**  
Community  
Health Centre

# PQWCHC SUPPORT FOR

**HIV SELF-TESTING**  
Your companion guide



HIV self- test kits are easy to use. They give you a choice in how you can learn your HIV status - anytime, anywhere, & with anyone you choose.

## MY TEST IS NEGATIVE ○

HIV self-tests are highly accurate, with a **99% accuracy rate 12 weeks after the potential exposure to HIV.**

If you are testing before you reach the 12 week period, it is best to **retest at 6 weeks and then again 3 months after your potential exposure.**

STBBI (Sexually Transmitted & Blood Borne Infections) screening plays an important part in your sexual health. You can find testing near you using the resources below:

### SAFER SIX INCLUSIVE HEALTH CLINIC

647-657-4033

E-mail: [info@safersix.ca](mailto:info@safersix.ca)



### SEXUAL HEALTH INFO LINE ONTARIO

416-392-2437

E-Chat: [sexualhealthontario.ca](https://sexualhealthontario.ca)  
UNINSURED / NO OHIP NEEDED

## HIV RISK & YOU



**PRE-ESPOSURE  
PROPHYLAXIS  
IS A MEDICATION  
THAT CAN LOWER  
YOUR RISK OF AN  
HIV INFECTION.**

PrEP

TALK TO A PrEP CLINIC,  
HEALTH PRACTITIONER,  
HIV TESTING CLINIC TO  
SEE IF PrEP IS RIGHT  
FOR YOU.

FIND PREP CLINIC  
NEAR YOU

[www.ontarioprep.ca](http://www.ontarioprep.ca)

## MY TEST IS POSITIVE ○○

First, take a moment for yourself, a reactive test can feel overwhelming. What's important to know is that with treatment you can live a long, happy, healthy life. Reach out to someone you trust for support or contact us to speak with a tester.

The next step is to confirm your self test results with a standard HIV blood test.

You can **book an anonymous confirmation test at either of PQWCHC's locations** (see back for details) OR with any anonymous clinic near you. When doing a confirmatory test, be sure to keep your anonymous HIV test code, you might need it later.

If you chose a clinic that does NOT offer an anonymous service your name, DOB, gender, contact information and results will be shared with your local Public Health Unit for the purpose of support follow up and contact tracing.

**Read about privacy & consent here:**  
[www.cleo.on.ca/en/publications/hivtest](http://www.cleo.on.ca/en/publications/hivtest)

ANONYMOUS  
HIV TESTING

### Sexual Health Infoline Ontario

416-392-2437 1-800-668-2437

E-Chat: [sexualhealthontario.ca](https://sexualhealthontario.ca)

FIND ANONYMOUS HIV  
TESTING NEAR YOU

[www.sexualhealth.ca](http://www.sexualhealth.ca)

## CONNECT



### Looking for supports?

There are many resources & support options available to you. **Find services that fit you & your needs:**

**Search for: testing, treatment, peer support & navigation, harm reduction services near you:**

[hiv411.ca](http://hiv411.ca)

### Find an AIDS Service Organization :

- [wheretocatie.ca](http://wheretocatie.ca)

### Calendar of city wide programs, clinics & events

- [torontohivaidsnetwork.org](http://torontohivaidsnetwork.org)

### Uninsured Care / Non status

**Treatment, health care, access to medication, and community supports**

- [bluedoorclinic.org](http://bluedoorclinic.org)
- 437-235-7423

### Women

**Multilingual, all-female staff; serves uninsured**

- [iwhctoronto.com](http://iwhctoronto.com)
- 416-323-9986

### Indigenous HIV/Aids services

**Treatment, testing, harm reduction services**

- [oahas.org](http://oahas.org)
- 416-944-9481

### Black Coalition for AIDS Prevention

- [blackcap.ca](http://blackcap.ca)
- 416-977-9955

### Community Support for Ex-Prisoners

- [pasan.org](http://pasan.org)
- 1-866-224-9978