

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 service organizations. To contact the Wisconsin AIDSline, call **1-800-334-2437**. In Milwaukee, call **(414) 273-2437**.

AIDS Resource Centers of Wisconsin provide direct support services to people living with AIDS and HIV infection. Services include medical referral, financial assistance, legal counsel, emotional support, referral for pastoral care, assistance with daily living needs, support groups, and comprehensive care management. Call, visit, or write the AIDS Resource Center near you:

Appleton	AIDS Resource Center of Wisconsin 120 North Morrison St., Ste. 201 Appleton, WI 54911 (920) 733-2068 or (800) 773-2068 Fax: (920) 733-7786	<i>Counties served: Calumet, Fond du Lac, Green Lake, Marquette, Oconto, Outagamie, Sheboygan, Waupaca, Waushara, Winnebago</i>
Eau Claire	AIDS Resource Center of Wisconsin 505 Dewey St. South, Ste. 107 Eau Claire, WI 54701 or P.O. Box 11 Eau Claire, WI 54702-0011 (715) 836-7710 or (800) 750-2437 Fax: (715) 836-9844	<i>Counties served: Barron, Buffalo, Burnett, Chippewa, Clark, Dunn, Eau Claire, Pepin, Pierce, Polk, Rusk, St. Croix, Washburn</i>
Green Bay	AIDS Resource Center of Wisconsin 824 South Broadway Green Bay, WI 54304 or P.O. Box 2040 Green Bay, WI 54306-2040 (920) 437-7400 or (800) 675-9400 Fax: (920) 437-1040	<i>Counties served: Brown, Door, Kewaunee, Manitowoc, Marinette, Menominee, Shawano</i>
Kenosha	AIDS Resource Center of Wisconsin 1212 57th St. Kenosha, WI 53140 or P.O. Box 0173 Kenosha, WI 53141-0173 (414) 657-6644 or (800) 924-6601 Fax: (414) 657-6949	<i>Counties served: Jefferson, Kenosha, Racine, Walworth</i>
La Crosse	AIDS Resource Center of Wisconsin Grandview Center 1707 Main St., Ste. 420 LaCrosse, WI 54601 (608) 785-9866 Fax: (608) 784-6661	<i>Counties served: Jackson, La Crosse, Monroe, Trempealeau, Vernon</i>
Milwaukee	AIDS Resource Center of Wisconsin 820 North Plankinton Road Milwaukee, WI 53203 or P.O. Box 92487 Milwaukee, WI 53202-0487 (414) 273-1991 or (800) 359-9272 Fax: (414) 273-2357	<i>Counties served: Milwaukee, Ozaukee, Washington, Waukesha</i>

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Rhineland	AIDS Resource Center of Wisconsin Oneida County Health Department P.O. Box 400, Courthouse Rhineland, WI 54501 (715) 369-6228 or (800) 374-7678 Fax: (715) 369-6112	<i>Counties served: Florence, Forest, Oneida, Price, Vilas</i>
Superior	Information to be announced. Contact Eau Claire office until then.	<i>Counties served: Ashland, Bayfield, Douglas, Iron, Sawyer</i>
Wausau	AIDS Resource Center of Wisconsin 1105 Grand Avenue, Ste. 3 Schofield, WI 54476 (715) 355-6867 Fax: (715) 355-7684	<i>Counties served: Langlade, Lincoln, Marathon, Portage, Taylor, Wood</i>
Additional Resources:	Dennis C. Hill Harm Reduction Center AODA Outpatient Clinic 4311 West Vliet St. (414) 342-4333 Fax: (414) 342-4710 Survival/Revival Resale Milwaukee's Best Resale Shop 246 East Chicago St. Milwaukee, WI 53202 (414) 291-2856 Fax: (414) 291-2857 Wisconsin AIDS Research Consortium 820 North Plankinton Ave. Milwaukee, WI 53202 or P.O. Box 92487 Milwaukee, WI 53202-0487 (414) 225-1600 or (800) 359-9272 Fax: (414) 225-1656	

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 for a recommendation or call the Wisconsin AIDSline to obtain a referral. **In Wisconsin, call 1-800-334-2437. 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 that 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 you 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. In Milwaukee, call (414) 273-2437.

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

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