



HIV testing and diagnosis services

We provide confidential HIV testing and test counseling. You can call to schedule a testing appointment and we accept walk ins. Results for your HIV test are typically available to you in 2–3 days. You will only be directly contacted if you test positive.

HIV prevention services

We offer **PrEP** (pre-exposure prophylaxis) at our in-house pharmacy with a prescription from your provider. PrEP is a daily pill for HIV-negative people that protects you from getting HIV from sex by 99% and from sharing needles by at least 74%.⁵ Tell your provider that you are interested in getting on PrEP, and they will help you decide if it is right for you.

HIV treatment and referral services

We provide personalized assessments and initial management of HIV. We are also able to refer relatives diagnosed and living with HIV to other trusted care facilities to help maintain a treatment plan.

Integrated care services

In addition, we offer behavioral health, community services, and traditional medicine programs to support HIV prevention and treatment plans.



For the Love of Native People

Seattle Indian Health Board

611 12th Avenue South
Seattle, WA 98144

206-324-9360
TTY 1-800-833-6384

www.sihb.org

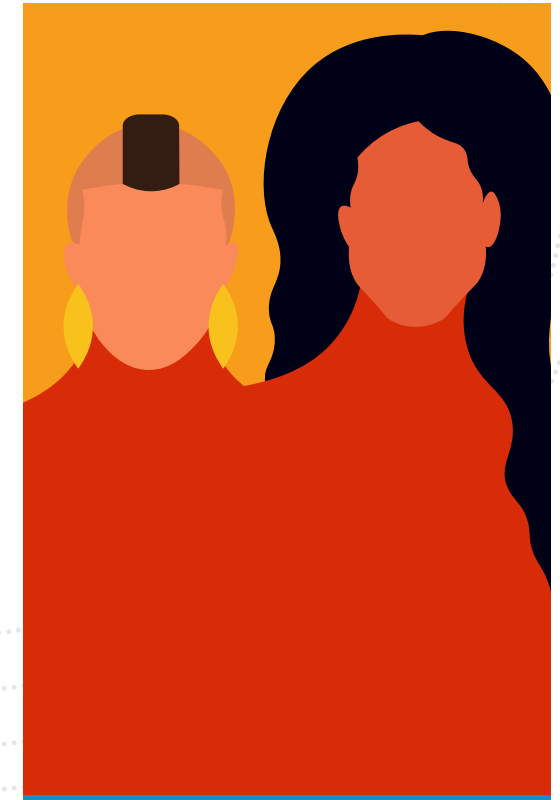
Seattle Indian Health Board is a community health center that provides health and human services to its patients, while specializing in the care of American Indian and Alaska Native people.

Our facilities are accessible to persons with disabilities. Accommodations can be arranged with advance notice by calling 206-324-9360. TTY: Relay 7-1-1 or 1-800-833-6384.

1. U.S. Department of Health and Human Services. (June 2020). What is HIV?. [HIV.gov](https://www.hiv.gov/hiv-basics/overview/about-hiv-and-aids/what-are-hiv-and-aids). <https://www.hiv.gov/hiv-basics/overview/about-hiv-and-aids/what-are-hiv-and-aids>.
2. CDC. (April 2021). Ways HIV Can Be Transmitted. <https://www.cdc.gov/hiv/basics/hiv-transmission/ways-people-get-hiv.html>.
3. HIV.gov. (March 2019). HIV Treatment Overview. U.S. Department of Health and Human Services. <https://www.hiv.gov/hiv-basics/staying-in-hiv-care/hiv-treatment/hiv-treatment-overview>.
4. Eisinger, R. W., Dieffenbach, C. W., & Fauci, A. S. (2019). HIV Viral Load and Transmissibility of HIV Infection: Undetectable Equals Untransmittable. *JAMA*, 321(5), 451–452. <https://doi.org/10.1001/jama.2018.21167>.
5. CDC. (November 2019). Effectiveness of Prevention Strategies to Reduce the Risk of Acquiring or Transmitting HIV. <https://www.cdc.gov/hiv/risk/estimates/preventionstrategies.html>.

MEDICAL SERVICES

Our HIV Prevention and Care Services



Seattle Indian Health Board



What is HIV?

HIV (Human Immunodeficiency Virus) is a virus that attacks the body's immune system. If HIV is not treated, it can lead to a condition called AIDS (Acquired Immunodeficiency Syndrome). Once you contract HIV, you have it for life.¹ With treatment, however, people living with HIV can live long, healthy lives.



How is HIV spread?

HIV is primarily spread through

- unclean needle or syringe use.
- unprotected anal or vaginal sex.

HIV can also be transmitted to a child during pregnancy, labor, delivery, and breastfeeding.²

What should I do if I think I might have been exposed to HIV?

If you may have been exposed to HIV in the last 72 hours, head to any emergency room or urgent care clinic right away and ask about getting on **PEP (post-exposure prophylaxis)**. PEP is emergency medication to prevent HIV infections **after** being exposed and only works if it is started within 72 hours. Every hour counts!



If you are HIV Negative

Continuing to practice safe sex will help protect you and your partner(s).

- Know your HIV status.
 - Talk to your provider about getting tested for HIV regularly.
- Talk with your sex and injection partners about their HIV status and their behaviors.
- Use clean needles and syringes every time you inject drugs.
 - There are many programs that offer free needle exchanges for clean injection equipment. The King County Needle Exchange schedule is located at kingcounty.gov/needle.
- Use condoms and lubricant every time you have sex.
- Get on PrEP, the daily pill to protect you from getting HIV.
 - Tell your provider you are interested in PrEP and ask them if getting on PrEP may be right for you.



If you are HIV Positive

We're here to support you in living a long and healthy life.

- Start medications to treat HIV. This is known as Antiretroviral Therapy (ART).³
 - One of the most important factors for how quickly HIV advances to AIDS is how quickly a person gets tested and starts treatment.
- Learn about transmission.
 - If the amount of HIV in your blood is lowered by ART to an undetectable level, you will not spread HIV to others.⁴
- Stay engaged in care.
 - HIV is a health condition that can be managed. People living with HIV can have a healthy life with continuous treatment.