

Assess yourself: what's your risk?

This questionnaire is for YOU; you don't have to show it to anybody else. Fill it out to understand ways that you might be at risk for sexually transmitted infections (including HIV) and what you can do about it.

Self. Please check "yes" or "no" indicating whether or not *you* have participated in the sexual behavior below in the *past 12 months*. "Unprotected" includes sex in which a condom broke during act.

- Have you had penis-anus sex unprotected or while under the influence and do not remember if protection was used? Yes No
- Have you had penis-vagina sex unprotected or while under the influence and do not remember if protection was used? Yes No
- Have you shared needles or injection equipment? Yes No
- Have you tested positive for any sexually transmitted infection (STI)? Common STIs include chlamydia, gonorrhea, genital herpes, HPV/genital warts, and syphilis. Yes No

Partner(s). Please check "yes", "no", or "not sure" indicating whether or not your partner(s) have participated in the sexual behaviors below in the past 12 months.

- Have you had penis-anus sex unprotected or while under the influence and do not remember if protection was used? Yes No Not Sure
- Have you had penis-vagina sex unprotected or while under the influence and do not remember if protection was used? Yes No Not Sure
- Have you shared needles or injection equipment? Yes No Not Sure
- Have you tested positive for any sexually transmitted infection (STI)? Common STIs include chlamydia, gonorrhea, genital herpes, HPV/genital warts, and syphilis. Yes No Not Sure

- If you or your partner's answer was "yes" or "not sure" to any of the above questions, you may be at risk for other sexually transmitted infections (STIs) in addition to HIV. Please visit <http://www.stdwizard.org/> to further assess your risk and which screening tests are appropriate
 - Urine screening for chlamydia and/or gonorrhea and serum HIV testing are available through our Self-Directed STI Screening Program, without an appointment. To use it, log in to eTang.berkeley.edu and click on the "Messages" link on our homepage.
 - CDC guidelines advise that HIV (+) people and sexually active gay and bisexual men should get STD testing every 6 months and may need oral and/or anal testing for gonorrhea and chlamydia. This will require an appointment with a clinician.
 - If you believe you may have been exposed to HIV within the last 72 hours, please call our Advice Nurse at 510-643-7197 immediately. Post-exposure prophylaxis started within that time period can help prevent HIV infection.
- Please make an appointment with a clinician if you have symptoms that may be associated with an STI such as rash, sores, burning or pain with urination or sexual activity.
- If your answer was "no" to all of the above questions but you believe you may be at risk for HIV or other STI(s), consider making an appointment with one of our health educators to discuss modes of transmission, symptoms, and prevention. Health & Wellness Education appointments are free to all Cal students regardless of SHIP status, and can be made online or by calling the appointment office at 510-642-2000. Partners welcome.
- Have questions, but prefer not to come in? You can submit questions to our Sexual Health Education Program online at sheptalk.wordpress.com.

If your home test is negative

- The window period for HIV is 3-6 months. If you had a risk event (such as unprotected sex) within the last 3 months, taking a test today will NOT tell you if you were exposed to HIV during that event. You must test again at 3-6 months.
- If you have further questions about your sexual health, make an appointment to see your regular provider, or make a free appointment to see a Health & Wellness Educator (see below). You can also ask questions by submitting them to the Sexual Health blog at www.sheptalk.wordpress.com.
- To find out more about local, free rapid HIV testing, check out the Berkeley Builds Capacity website at www.uhs.berkeley.edu/bbc and their free HIV testing online map at <http://bit.ly/hivtesteastbay>.

If your home test is positive

- DO NOT PANIC. No test is perfect, and the test requires confirmation.
- Make an appointment with your PCP or any clinician at the Tang Center as soon as possible so that they can assess your risk and order the appropriate tests. Indicate that you have had a preliminary positive HIV test result and would like to confirm the results.
- Feeling stressed, upset or anxious is normal. Consider making an appointment with Tobirus Newby or another counselor in our Social Services unit (see below) to talk through your feelings. Each student is eligible for 5 free counseling sessions per year. Tobirus Newby is the Social Services point person for HIV+ clients.
- While waiting for your confirmatory test results, don't engage in unprotected sex or sharing of needles.

If your confirmatory test result is positive:

- Get medical care to help you stay healthy. Make a follow up appointment with your clinician as soon as you can. You will have a care team dedicated to your well-being. If you get your primary care at the Tang Center, please ask for an urgent consultation with Dr. Anna Harte, our HIV team clinician.
- Get support from friends and family.
- Get tested for other sexually transmitted infections (STIs).
- Notify previous sexual partners that they should get an HIV test. One way to do this: send an anonymous e-card. Go to www.inspot.com to learn more.
- Community resources: www.TheBody.com is an online resource for the HIV+ community and includes forums for newly diagnosed people. Project Inform is also a great Bay Area resource for HIV+ people (call their HIV HEALTH INFOLINE at 800-822-7422 or 415-558-9051 on Monday-Friday, 10am-4pm).
- Remember: many people live long and healthy lives after testing positive, and you can too!

Here are some ways to stay negative!

- Use condoms on penises and sex toys, and dental dams for oral-anal-vaginal sex
- Get tested regularly, and ask your sexual partner(s) to do the same
- If injecting drugs, don't share needles

How to make an appointment at the Tang Center (medical clinician or health & wellness education)

- Go online (appointments become available for the next day at 5pm) at eTang.berkeley.edu.
- Call the appointment line at 510-642-2000 during business hours (M-F 8-5).
- Or walk in to the Tang Center's appointment office.

If you're not sure if you need an appointment, or you are having trouble scheduling, please call the Advice Nurse at (510) 643-7197.

***NOTE: If you were sexually assaulted or think you might have been, see your provider as soon as possible. At Tang, make a confidential Social Services appointment by calling 510-642-6074. A social worker will review your options and assist you with the medical follow-up. Hours are Monday-Friday, 8am-5pm. After hours, call 510-643-7197. For further information, go to survivorsupport.berkeley.edu.**