



# My Health is *IN YOUR HANDS*

Take care of you for me

One in four people who are living with HIV don't know it

- » Often there are no symptoms, meaning it can be unintentionally passed on to partners.
- » Knowing your HIV status is an important part of a healthy sex life and a good relationship.
- » When treated, HIV is a manageable disease. Treatment is available at no cost and can suppress the virus, preventing transmission to partners and improving overall health.

To arrange a test  
call a nurse at  
1-866-778-7736.

Find out more about HIV at  
**MyHealthisSexy.com**



Interior Health  
Every person matters