

## Information on HIV

Dear patient, please read the following important information on HIV virus and tests for its detection before you test for HIV

**HIV virus** needs a human body to live and survive and soon dies outside the body. The virus is destroyed by all disinfectants, even by water with soap. The virus dies in higher temperatures (after several minutes at temperatures above 56°C, and immediately at 100°C). **There is no risk of infection with HIV** in such situations as **living under the same roof with an infected person, being together in a cinema, swimming pool, or other public utilities.**

*Insects (such as mosquito) and animals do not transmit HIV!*

**HIV (human immunodeficiency virus) is transmitted by 3 main routes:**

- 1.sexual contacts** - it has been proven that using good quality condoms significantly reduces the risk of infection with HIV
- 2.blood** - if the infected blood gets on the damaged skin, on mucous membrane, i.e. eye, nose, oral cavity, reproductive organs or is injected through sharing needles and syringes, for example, for administration of drugs, anabolics in syringes;
- 3.during pregnancy, labour or through breast feeding, an HIV infected mother can pass the virus to her child** - therefore pregnant women or women planning to become pregnant should undergo a test for HIV (gynaecologists should suggest the test to them), future father should also undergo the test.

### Laboratory tests for HIV

HIV screening test, which is used for testing the virus, consists in **detection of HIV antibodies and p24 antigen of the virus.**

The period from the moment of arising a potentially infection-threatening situation to the development of antibodies **is 3 months** at maximum. Therefore, when undergoing your HIV test, **you should be aware that**

- **if, within the 12 weeks** preceding the test, the tested person was not exposed to any situations (the above described routes of infection) which might lead to HIV infection, a negative/non-reactive result of the screening test indicates that there is no HIV infection.

- **if, 12 weeks have not yet passed** since the last infection-threatening situation, a **negative** (non-reactive) **result** means that the result **is indeterminate**. This is the time of the so called "the window period", that is, the period in which a negative result is possible even though the person is infected with HIV. Therefore, even if the result is negative, **it is necessary to repeat the test after full 12 weeks.**

In some cases resulting from, for example, restrictions of the testing methods, providing the patient with the final result by the laboratory is not possible. In such situations, the HIV test result is provided to the patient by an authorised physician who supplies him/her with all information concerning the result and further procedure.

### PATIENT'S DECLARATION

I declare that I have acquainted myself with the above information and that I understand it. I voluntarily give up counselling prior to undergoing the HIV screening test and after receiving the result of the test (when the result is issued by the Laboratory). I give my consent for sending my result to the authorised physician if the result cannot be issued by the Laboratory.

.....  
Date, signature

### Legal information

In accordance with legal regulations (*articles 27 and 29 of the Act of 5 December 2008 on prevention and control of infections and infectious diseases - Dz.U. of 2018, item 151*), if a physician diagnoses HIV infection or AIDS disease and if the result of the HIV test is positive, the physician and the Laboratory are obliged to report such fact to a district public health inspector.

In the above case, a person infected with HIV or suffering from AIDS is entitled to reserve the information sent in the report by filing a separate declaration.

The above mentioned report includes the following: first name and last name initials or password, age, sex, district in which the person resides, clinical diagnosis and mode of infection.

Detailed information and declaration form are available at [www.luxmedlublin.pl](http://www.luxmedlublin.pl), in Patient's Essentials and Prints to download tabs.