



## HIV INFORMATION FORM FOR INSURANCE APPLICANT

### ABOUT AIDS

Acquired Immunodeficiency Syndrome (AIDS) is a life threatening disorder of the immune system, caused by a virus, HIV. The virus is transmitted by sexual contact with an infected person, from an infected mother to her newborn infant, or by exposure to infected blood (as in needle sharing during IV drug use).

AIDS does not typically develop until a person has been infected with HIV for several years. A person may remain free of symptoms for years after becoming infected. Symptoms of infection may include fever, weight loss for no apparent reason, swollen lymph glands, fatigue, diarrhea, or white spots or blemishes in the mouth.

### HIV TESTING AND RESULTS

There are tests that determine the presence of antibodies or antigens to HIV. These tests do not test for AIDS; AIDS can only be diagnosed by medical evaluation.

A positive test result means that a person may be infected with HIV.

A person with a positive test should:

- Have a regular medical checkup and get counseling.
- Not donate blood, sperm or organs.
- Not share needles with others.
- Avoid exchanging body fluids during sexual activity.
- Not share toothbrushes, razors or anything that could be contaminated with blood.

A negative test result is not a guarantee that a person is not infected. It takes several weeks for a positive test result to develop after a person is infected. Persons with a negative test result should begin, or continue, to practice safe sex (including condom use for sexual contact with someone other than a long-term monogamous partner) and not engage in high risk behavior, such as sharing needles.

### INFORMATION AND COUNSELING RESOURCES

Further information about HIV testing and AIDS can be obtained by calling any one of the following AIDS hotlines:

In Southern California 1-800-922-2437      In Northern California 1-800-367-2437  
National AIDS Hotline 1-800-342-AIDS

AIDS Counseling is available at these and other locations:

San Francisco AIDS Foundation  
25 Van Ness Avenue, Suite 660  
San Francisco, CA 94102  
(415) 864-5855

Sacramento AIDS Foundation  
1900 K Street, Suite 201  
Sacramento, CA 95814  
(916) 448-2437

Central Valley AIDS Team  
P.O. Box 4640  
Fresno, CA 93744  
(209) 264-2436

AIDS Project Los Angeles  
3670 Wilshire Blvd., Suite 300  
Los Angeles, CA 90010  
(213) 380-2000

AIDS Services Foundation of Orange County  
1685-A Babcock Street  
Costa Mesa, CA 92627  
(714) 646-0411

San Diego AIDS Project  
3777 Fourth Avenue  
San Diego, CA 92103  
(619) 543-0300

AIDS Project-East Bay  
400 40<sup>th</sup> Street, Suite 20  
Oakland, CA 94609  
(510) 420-8181