

TAMPEP



**LOVE AND CARE  
FOR MYSELF**

# HIV test = AIDS

## WHAT IS IT?

It's a simple blood test

In Italy the results of your HIV test are confidential and even if you test positive you are free to accept medical treatment or not. In some centres (see the addresses attached) you don't have to give your name if you don't want to

No one can force you to take a test: it's your choice

## WHERE DO I GET IT?

See the addresses attached

## WHY HAVE A TEST?

### WHAT IS RISKY BEHAVIOUR?

Sharing needles, sharp objects such as razors and nail scissors, and toothbrushes;

Unsafe sex (without a condom)

- 1) To know if I'm positive or negative (for example I could pass it to my baby during pregnancy)
- 2) Because I care for the people close to me
- 3) Because if I'm positive I might get some treatment; risky behaviour may mean catching a stronger form of it
- 4) Because if I'm negative I don't want to catch HIV through risky behaviour

## WHEN CAN I TAKE THE TEST?

1 to 6 months after risky behaviour. test any time of day; no need to go on an empty stomach. Some hospitals however request doing test on an empty stomach.

**PLEASE, LOOK AFTER YOURSELF: IT'S YOUR HEALTH**

**Have you got lower abdominal (belly) pain when menstruating (period, bleeding)?**

Have you got a temperature of more than 38°C (under the armpit). Are your pains sharp?

Are you sure you are not pregnant? If in doubt, buy a pregnancy test at the chemist's (no doctor's prescription needed)

If you have recently had an abortion, lost a baby (miscarriage) or had a high temperature (over 38°C) and sharp pains: don't waste time go to the hospital!

If you have pains but no temperature, no bleeding and no cramps, wait 2-3 days and then check for symptoms again

You'd better go straight to the doctor: you may have an infection in the womb or ovaries. Be careful especially if bleeding in-between periods

**What can be wrong if it feels as though I am burning when I urinate (pee)?**

you may have a vaginal infection (see: vaginal discharge) especially trichomonas or gonorrhoea

**YOU MAY HAVE BOTH**

you may have an infection of the urinary system

if it doesn't disappear in a few days, and you still itch and burn: you need antibiotics and anti-inflammatory medicines. If not cured, it will get worse and you may find you wet your pants easily. Go to the doctor if it persists

**I think I'm pregnant**

Go to a chemist's and buy a pregnancy test: the test can be used from the day you were expecting your period

The test is negative I'm not pregnant

I want the baby: go to your family doctor or to your local Consultorio Familiare (Family Planning Clinic)

If the test is positive: you are pregnant

I don't want the baby: I can go to the Consultorio (Family Planning Centre) or to the doctor to ask for an abortion. In Italy it is legal and free for residents

Non-residents have to pay, and can book at a hospital

**If I have had an abortion what must I worry about?**

**WORRY**

**DON'T WORRY**

Strong bleeding (like a cut) that goes on for more than 7 days

A high temperature (over 38.5-39 C under the armpit), strong pains

If more than one symptom is present go to a doctor or to the hospital

A little bleeding?  
- It can happen for up to 7 days

If you feel tired.  
Rest

- Use special care for hygiene, keep clean, no bath for 15 days (take shower) no tam-pax, no sex, use condoms if you have sex

- You can get pregnant after an abortion, so use contraception immediately

## VAGINAL DISCHARGE

NAME	Yeast, thrush or candidiasis	Trichomonas (Trick)	Bacterial infection or infections	Gonorrhoea or clap
COLOUR	White. It can have grey and green stripes	Yellow, it can have green strips	More likely whitish in acute phase different dark colors	Green
SMELL	Sour, like yeast for bread	Strong, fish-like. The smell gets stronger and stronger	Foul, strong, bad smell	Foul
CONSISTENCY TEXTURE	Yogurt-like	Liquid, with occasional rushes	Runny	Vagina and vulva cover of green pus
AMOUNT	Varies	Usually a lot	Varies	At first phase very thick
DOES IT ITCH?	Yes: some women itch and scratch from the beginning, others later	Yes, it can be itchy	It may	A sense of heaviness pain, itch
DOES IT LOOK OR FEEL LIKE ANYTHING ELSE?	Not really	Yes, can be confused with Gonorrhoea if discharge is more green than yellow	No	No
DOES IT COME WITH OTHER DISEASES?	Yes it is possible, it can easily develop after prolonged use of antibiotics	No	Yes	No
TREATMENT	Anti-mycotic drug at the chemist's, or go to the Consultorio to test. Get your partner treated as well	Consultorio to test. Get your partner treated as well	Antibiotics Consultorio to test	Very serious disease: take a test, go to doctor. If you have a coil take it out to avoid infecting your womb. Get your partner treated as well.