

Reasons to notify your sex partners that you have HIV:

- * Helps stop the chain of HIV transmission
- * Gives current and past partners an opportunity you may not have had
- * Your partner can get medical care sooner
- * Relieves stress and guilt
- * Improved health for your partners
- * Makes the community a healthier place

You can get help telling your sex partners you have HIV:

A certified Partner Services counselor can find and notify your partner(s) about possible exposure. They will offer them STD and/or HIV testing without telling them anything about you.

RESOURCES

Contact Us

For more information or to speak with a counselor, please contact us at:

email: ph_counselor@smcgov.org

phone: 650-573-2346

www.smchealth.org/std



HIV Testing in San Mateo County:

Edison STD Clinic

(located in the San Mateo Medical Center)
222 W. 39th Avenue, San Mateo
650-573-2999

Hours: Tuesdays and Thursdays
4:00-7:00pm

Testing on Demand

Mobile Testing Van
650-619-9125

Services offered in English and Spanish.
Interpretation available in other languages.

Thank you to San Francisco Public Health Department
for assistance in the assembly of this brochure.

PARTNER SERVICES PATIENT GUIDE

INFORMING your past and current partners **IS HIV PREVENTION**



24% of partners notified through Partner Services in California were identified as new HIV cases

WHAT IS IT?

Partner Services is a program that assists people with HIV or other STDs in notifying sex and/or needle sharing partners of potential exposure. Partner Services is completely anonymous and always voluntary.

WHO IS IT FOR?

- *People newly diagnosed with HIV
- *People who have been aware of their HIV status for some time
- *People with certain STDs, including syphilis, gonorrhea and Chlamydia, whether you have HIV or not

Partner Services helps people living with HIV who want to inform partners that they should be tested for HIV, but would like to stay anonymous. As an alternative, it assists those who would like counselor support in preparing to tell a current or past partner.

WHAT HAPPENS?

You talk with your counselor, doctor, or nurse about notifying your partners that they might have been exposed to HIV. A Partner Services counselor will meet with you to discuss how you would like to inform your partner(s). If you choose to notify any anonymously, the counselor will collect contact information. Partner(s) would then be notified by phone, email, mail, or in-person to confidentially let them know they may have been exposed to HIV.

WHAT ARE THE OPTIONS?

YOU can do it:

If you would like to tell a past or current partner, but aren't sure how, we can offer counseling and support until you feel ready.

WE can do it TOGETHER:

If you would like to tell your partner with a counselor present, we can offer support to you and your partner. We can give your partner some information on HIV (or the STD), answer any questions, and the partner can choose to be tested right away.

WE can do it for you:

If you would like to inform partner(s) anonymously, we will collect contact information about the partners and confidentially notify them of potential exposure without giving out ANY information about you. No names, dates or any information about the encounter you had are ever provided. Your partner will then be offered free, confidential HIV/STD testing.

WE NEED YOUR HELP

No matter how you got HIV, the right thing to do is inform your partners. Even if the person you got it from didn't tell you or wasn't able to tell you, you can make sure you tell your partners. Informing your partners will help them take care of themselves and will prevent many other people from getting HIV. Please do your part.

BASIC STEPS:

1 You have received a positive HIV (and/or STD) diagnosis; OR you have known you had HIV for a while.

2 You would like to inform your sex/needle-sharing partner(s) they may have been exposed to HIV. You meet with a Partner Services counselor to discuss the disclosure options and decide how to tell each partner.

3 Depending on which options you choose, the counselor will work with you to plan for and practice disclosure, or collect information about partners you would like to notify anonymously. Sometimes minimal information about a partner, such as a screen name or email address, will still allow us to confidentially notify this person of potential exposure.

4 If you choose anonymous notification for any partners, trained field staff will contact partners confidentially, and counsel them in a private setting about exposure(s) to HIV, an STD, or both. **No names, dates or any info about you or the encounter are revealed.** If you choose to tell your partner yourself or with a counselor, you will talk about when and how to do this, discuss potential reactions, and set a goal for when you want to notify the person.

5 Partner is offered **free** HIV/STD testing and counseling and/or referrals for any other prevention services or County resources as needed.

6 Partner receives HIV/STD test results. Treatment and referral for medical care services are provided if needed.