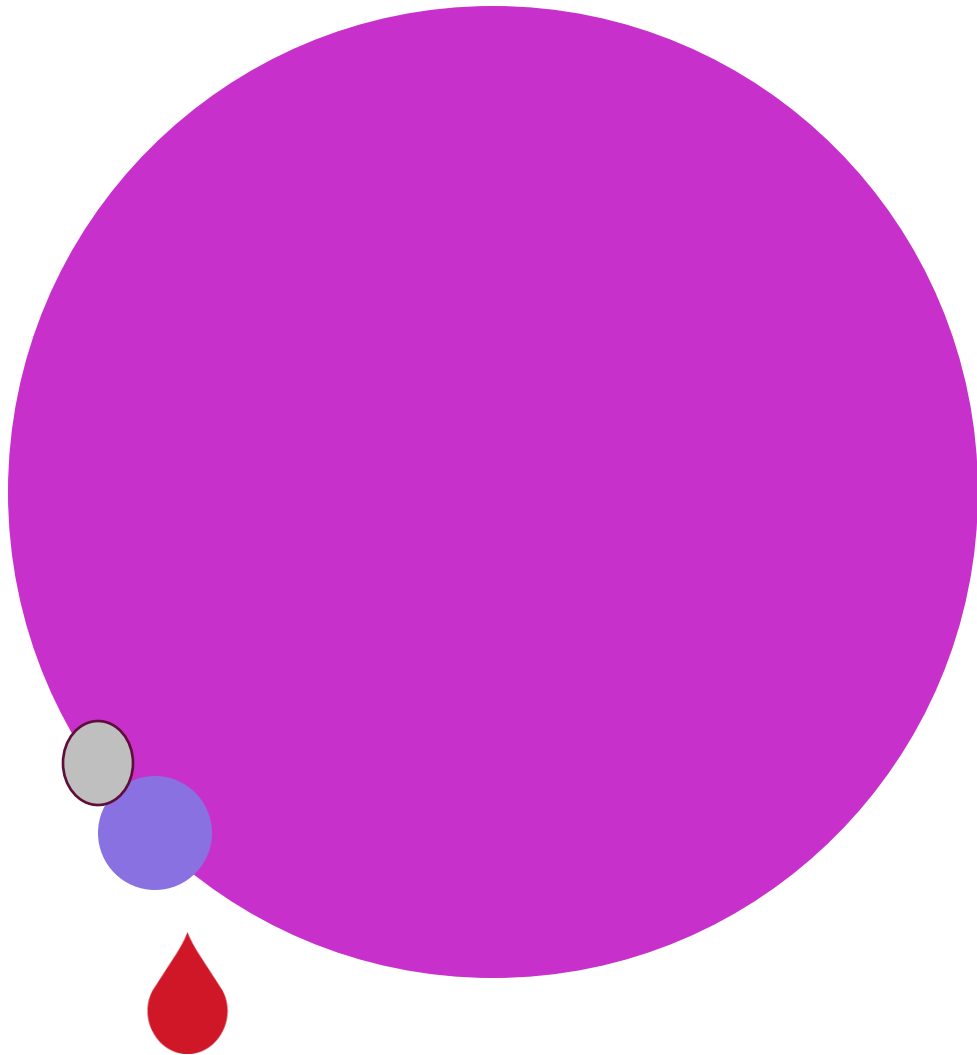




HIV Better²Know
Ka mōhio, ka mārama





Status-neutral approach

- Method of HIV prevention and treatment provided to **all people at all places**.
- Status neutrality focuses on providing services in a “one door” approach, emphasizing engagement and retention in services for people living with HIV and for people who are not.
- Status neutral approach **defines the entry point to care as the time of an HIV test**.

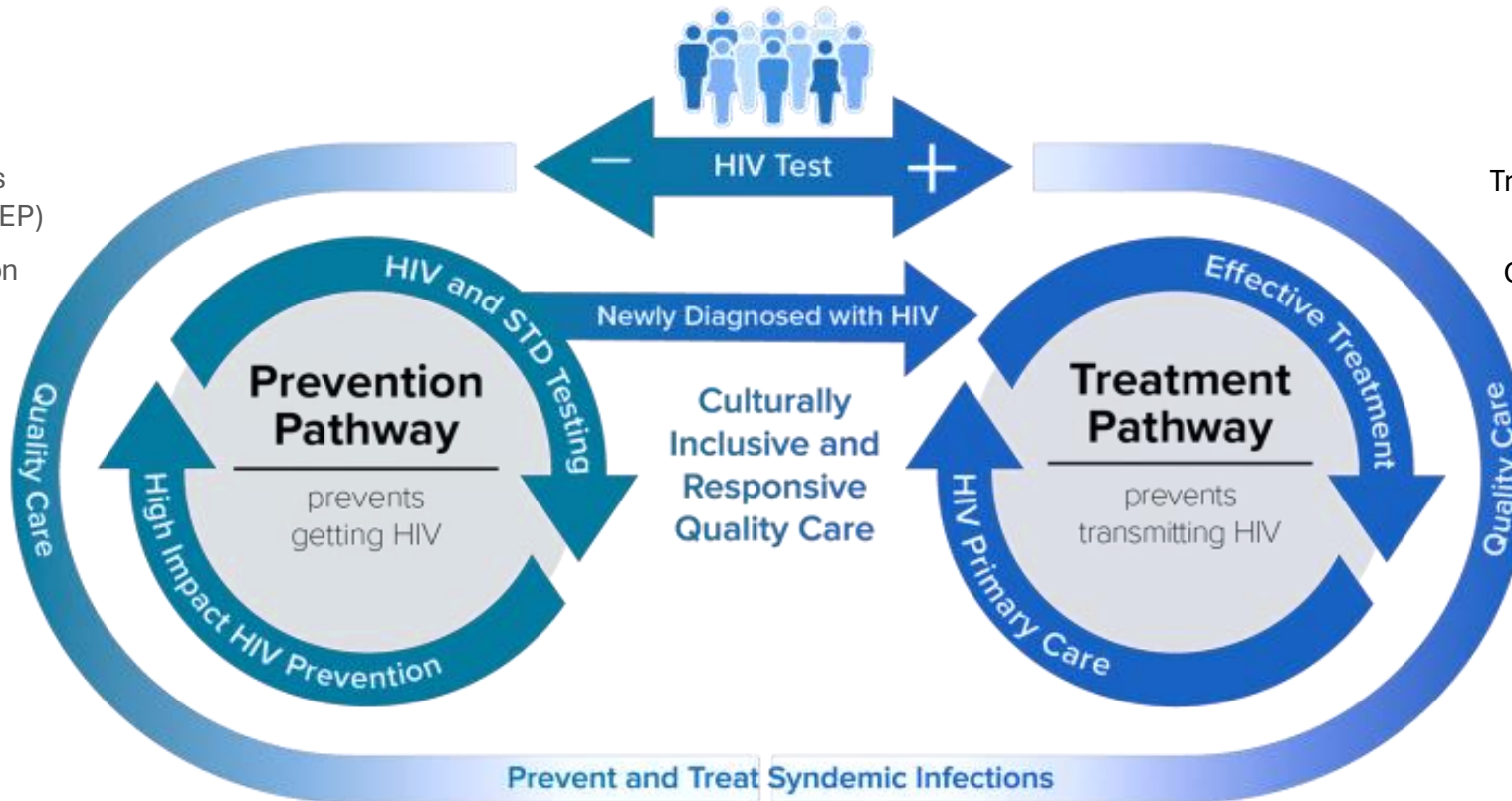
Status Neutral service begins with an HIV test

Testing is the pathway to prevention and treatment. An HIV test spurs action regardless of the result



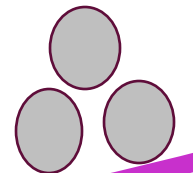
Negative HIV test result

HIV prevention tools, such as pre-exposure prophylaxis (PrEP)
Condoms and harm reduction services
Regular testing



Positive HIV test result

Treatment to help become virally suppressed and retain: U=U
Clinical and support services to support health and well being
Achieve a high quality of life





HIV Better2Know
Ka mōhio, ka mārama

[Home](#) [Get Tested](#) [Find Support](#) [FAQ](#) [Living with HIV](#)

To find out if you have HIV,
you need to have an HIV test.

[Get Tested](#)





What is HIV?

He aha tenei mea te HIV?

HIV is a virus which damages certain cells in your immune system so your body can't fight off infections and you become sick more easily.

If you are worried you might have HIV, there is a quick and simple test you can take to find out for sure.

[Get Tested](#)

[Read FAQs](#)



How is HIV passed on?

Me pehea ai i pāngia te HIV?

HIV cannot be passed on through kissing or touching a person who has HIV. You cannot get HIV from someone's saliva, sweat, or urine.

HIV is passed on through body fluids such as: blood, semen, rectal and vaginal fluids, and breast milk.

If someone who has HIV has been on medication and has had an undetectable viral load for at least 6 months, they cannot pass on HIV.

[Read FAQs](#)





Is there a cure for HIV? Me he whakaora ai mo te HIV?

While there is no cure for HIV, there are very effective treatments. These work by stopping the virus from reproducing.

Treatment is recommended for everyone who has been diagnosed with HIV. It is best to start treatment as soon as possible to control the virus.

If you take HIV medication, you can expect to live a long and healthy life.

You can find out more about treatments for HIV [here](#).



Getting the right support Nga mahi pai māu

It is important to get the right support and to find out as much as you can about HIV so you can make good decisions about your life and treatment.

Being diagnosed with HIV can be very scary. But it is important to remember that if you take the available medicine, you are likely to live a long and healthy life.



It's important to get tested Me whai tikanga ki te whakamātautau HIV

The earlier you are diagnosed, the earlier you can start treatment.

Tests are available either at your local health clinic, your GP, your Maori health clinic, one of the HIV support centres, or you can order one online and have it delivered to you or your preferred address.

[Get Tested](#)





Protecting yourself from HIV Me tiaki i a koe ano i te HIV

Using a condom during sex is the best way to protect yourself from getting or passing on HIV.

People who inject drugs can avoid HIV being passed on by not sharing drug injecting equipment.

If you believe you're high risk due to your life circumstances, talk to a health professional about PrEP, (pre-exposure prophylaxis) which can reduce your chance of getting HIV from sex or injection drug use. When taken as prescribed, PrEP is highly effective for preventing HIV.

[Get Tested](#)

[Find Support](#)



Anonymous contact tracing Karekau i te muna o te tangata

If you have an HIV positive diagnosis, you will be asked about your recent sexual partners. This is called contact tracing.

It is a process to find out whether anyone else may have been unknowingly exposed to HIV and to alert them to get tested.

It's important to be honest. Your recent partners will be contacted anonymously. Your identity will not be disclosed.



Testing during pregnancy Whakangungu i te wā o te hapūtanga o te wahine.

Pregnant people in Aotearoa New Zealand are offered HIV testing as part of their antenatal blood tests.

When you are pregnant it is important to know if you have HIV, so you can take medicines which stop HIV being passed on to your pēpi (baby).

[Get Tested](#)

[Find Support](#)



More questions?

Get answers to some of the most common questions about HIV.

[Read FAQs](#)

Get an HIV test



There are a number of places you can get tested for HIV. Some are free and some are not.

To get an HIV test you can:

- Book to see your usual GP
- Book in to your nearest Sexual Health Clinic (see locations below)
- [Order a self-test online](#) and have it delivered to you or a friend
- Drop-in to an HIV support centre (see our [Find Support](#) page)
- Call an HIV [support centre](#) and ask for help

Order your HIV test online

- Order an HIV test to be delivered to any address you choose.
- You can also click and collect from some venues
- Highly accurate results in 20 minutes
- Add on STI testing if needed
- Phone support available

[Order now](#)





Find your nearest sexual health clinic

There are Sexual Health Clinics all over the motu. Nurses and support staff can answer your questions about sexual health, STI's, and HIV.

North Island locations

⊖ Northland

Outpatients Department Dargaville Hospital

77 Awakino Road, Dargaville 0310

Sexual health clinic operates one day a week (Tuesday) - please call to make an appointment.

P. 0800 286 828

Kaikohe Clinic

29 Rankin Street, Kaikohe 0405, Kaikohe

Sexual health clinic operates one day a week (Monday) - please call to make an appointment.

P. 0800 286 828

Outpatient Department Kaitaia Hospital

29 Redan Road, Kaitaia 0410

Sexual health clinic operates one day a week (Wednesday) - please call to make an appointment.

P. 0800 286 828

Outpatient Department Bay of Islands Hospital

Hospital Road, Kawaka

Sexual health clinic operates one day a week (Friday) - please call to make an appointment.

P. 0800 286 828

Whangārei: Northland DHB

17 Norfolk Street, Whangārei

P. 0800 286 828

W. www.northlanddhb.org.nz

Sexual Wellbeing Aotearoa: Kaikohe Clinic

\$ Paid service

113 Broadway, Kaikohe 0405

P. 0800 372 546

Sexual Wellbeing Aotearoa: Whangārei Clinic

\$ Paid service

Level 2, 1 James Street, Whangārei 0110

P. +64 7 810 6610

P. 0800 372 546

⊕ Auckland

⊕ Hamilton and Waikato

Auckland

Hamilton and Waikato

Bay of Plenty

Taranaki

Gisborne and Whakatāne

Manawatū-Whanganui

Hawkes Bay

Wellington

South Island locations

Nelson, Tasman, Marlborough

Christchurch and Canterbury

Queenstown

West Coast and Greymouth

Southland, Otago, Dunedin

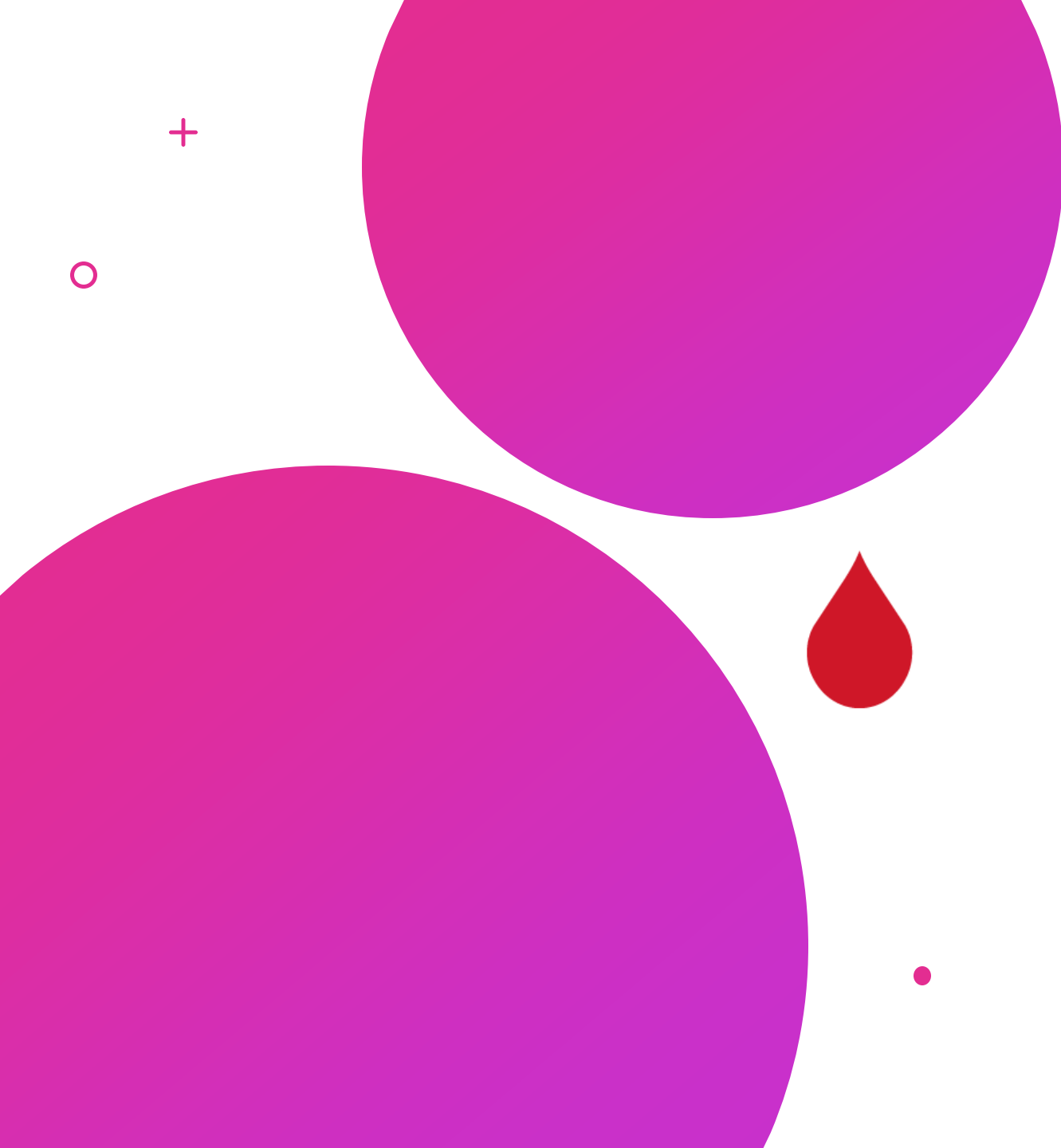




Training package

- 3 Learning Modules
- PowerPoint
- Workbook
- Videos





- Will take time for a status neutral approach to be adopted across the country.
- Need to take steps now to begin promoting and integrating this approach
- Requires, intention, planning, and long-term follow through
- **Standardising HIV treatment and prevention helps to destigmatise both.**

