



Northwestern  
Health Unit

**S.h.a.i.d.s.**

A Newsletter for Northwestern Ontario Communities  
Volume 1 No. 4  
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[WWW.HAVEFUNBESAFE.CA](http://WWW.HAVEFUNBESAFE.CA)

**NEW CHOICES IN HIV TESTING**



On February 12, 2008, the Northwestern Health Unit Sexual Health Program will be regionally launching a new website geared towards adolescents and young adults between the ages of 15 and 24.

The website [www.havefunbesafe.ca](http://www.havefunbesafe.ca) will contain up-to-date information and resources on sexual health issues such as contraception, abstinence, sexually transmitted infection (STI) testing and healthy relationships to name a few.

Promotional items will be delivered throughout communities in the region during the month of February.

As part of the launch there will be a chance to **win 1 of 3 Product RED iPod Nanos** for three individuals in the Northwestern Health Unit region, between the ages of 15 and 24, upon completion of an educational and interactive quiz.



#### The Benefits Of Going On-line For Sexual Health Information:

- There are numerous reputable, accurate sites available
- It is confidential
- It provides current information
- It is available anytime of the day
- People can find information specific to their needs
- The majority of young people use the Internet!

[www.havefunbesafe.ca](http://www.havefunbesafe.ca)

**Check It Out!**

#### The Point Of Care (POC) Test:

- Uses a simple finger prick blood sample, and provides an accurate, rapid HIV antibody screening test result in about 60 seconds.
- Is a rapid qualitative test for the detection of antibodies to HIV-1.
- Has an excellent correlation with the Western Blot Test and the Elisa Test. A large scale Canadian clinical trial data has shown a 99.96% combined accuracy.
- Has a built-in human IgG control assuring test validity.

#### PRE & POST TEST COUNSELLING

For anyone requesting an HIV test, the goal of pre and post test counselling is to provide information about HIV testing, prevention and services that will help the client:

- Assess their risk
- Make an informed decision to be tested
- Know how to take precautions to protect themselves and others from exposure or re-exposure to the virus
- Know where to go for more information or support

#### Pre Test Counselling Should Include:

- The benefits and risks of HIV testing
- Testing and reporting options
- Reasons for testing
- A risk assessment
- Education about transmission, prevention, the window period and the test itself
- Preparation for a reactive result
- Informed consent to be tested

### Post Test Counselling Should Include:

- Giving and explaining the test result
- Assessing the client's understanding of the result
- Reinforcing the importance of prevention and harm reduction
- Referring the client for support when needed

*(Adapted from the Ministry of Health and Long-Term Care "Guidelines for HIV Counselling and Testing" June 2007)*

## SEXUAL & REPRODUCTIVE HEALTH DAY-KNOW YOUR RIGHTS!

The focus for Sexual and Reproductive Health Day this year is to encourage clients to know their rights.

### Encourage Your Clients To Be Prepared By:

- Having your clients to write down questions that they might have for you prior to coming to their appointments.
- Having them to bring a pen and paper to write down answers so they can look back at them later.
- Having your clients bring a support person if they wish.



### Encourage Your Clients To Know Their Rights Which Are:

- **Information** - Give your clients information about how to take care of their sexual health and what services are available in their community.
- **Access** - Provide services to clients free of prejudice (such as gender, sexual orientation, age, ability, ethnicity, marital status, religious/spiritual beliefs, or socio-economic status).
- **Choice** - Provide clients with the information to make informed choices regarding pregnancy options, safer sex practices and contraceptive methods.
- **Safety** - Provide clients with information on how to protect themselves from unintended pregnancy, infections and possible violence.
- **Privacy** - Provide clients with a private environment during counselling or other sexual and reproductive health services.

- **Confidentiality** - Ensure that clients' understand what confidentiality is and how personal information will remain confidential.
- **Dignity** - Provide clients with an environment of respect, courtesy, consideration and attentiveness.
- **Comfort** - Provide clients with an environment where they feel comfortable when receiving services.
- **Continuity** - Provide clients with access to sexual and reproductive services for as long as they need.
- **Opinion** - Provide clients with an avenue to comment on the services provided.

*(Adapted from the Canadian Federation for Sexual Health information sheet for clients.)*



Remember that **February 12, 2008** is **Sexual and Reproductive Health Day**, and remind your clients to.....  
**Know Their Rights!**

## SEXUAL HEALTH CLINIC HOURS

### Dryden

Monday 8:30- 12 Noon

Thursday 8:30 am – 4:30 pm

Call 807-223-8777 or toll free 1-888-404-4231

- **Dryden High School:**  
Monday 9:00 am – 10:30 am

### Fort Frances

Monday & Thursday 8:30 am – 4:30 pm

Call 807-274-9371 or toll free 1-800-461-3348

- **Fort Frances High School:**  
Monday 9:30 am – 11:30 am

### Kenora

Monday 9:00 am – 12 Noon

Wednesday 9:00 am – 6:00 pm

Call 807-468-4503 or toll free 1-800-830-5978

- **Beaver Brae High School:**  
Monday 11:30 am – 1:00 pm

### Sioux Lookout

Thursday 10:00 am – 6:00 pm

Call 807-737-2292

- **Queen Elizabeth High School:**  
Monday 11:30 am – 1:00 pm

