



TAKE CARE OF YOURSELF!

For your health –
A test can save your life!

You have questions about your sexual health? You want to know more about HIV/Aids?

We can help you!

Medicines of today have developed so far that it is now possible to treat and even cure many diseases that were previously untreatable.

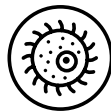
An infection with HIV does not necessarily mean that one will get Aids and die.

There is only one way to know ones status:

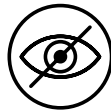
to get tested.

If someone is positively tested with HIV, it is possible for them to get an effective therapy to avoid the outbreak of Aids. Thank to this therapy it is now possible for HIV positive persons to have a normal and healthy life, and avoid the transmission of the virus to their children. Moreover if one knows their status, they will avoid infecting their partner unintentionally, but can protect them.

DO YOU KNOW THAT...?:



A non-treated HIV infection can lead to the deadly disease Aids.



One cannot see if someone is HIV positive. HIV positive persons don't look always sick and can live years without symptoms.



Everyone can get HIV, regardless of their age, sexual orientation, gender or ethnic origin!

HIV CAN BE TRANSMITTED BY:



Unprotected sexual intercourses with a man or a woman. Condoms protect from HIV and other sexual transmissible infections (STI).



Sharing needles (for example by injecting drugs or being tattooed without sterile needles).



If a mother is HIV positive and is not taking the HIV-therapy, the virus can be transmitted to the baby (during pregnancy, during birth or by breastfeeding).

HIV CAN NOT BE TRANSMITTED BY:



Everyday interactions with HIV positive persons (living, working together, sharing a bathroom or toilets...).



Eating or drinking from the same tableware.



Kissing, hugging or caressing someone.

WHERE CAN I GET FREE COUNSELLING AND TESTING?

Brandenburg (Havel)

LOCAL HEALTH OFFICE
Klosterstraße 14
14770 Brandenburg
an der Havel
T +49 3381 585320

Cottbus

MUNICIPALITY COTTBUS
Puschkinpromenade 25
03044 Cottbus
T +49 355 6132215

**BÜNDNIS FAIRES
BRANDENBURG E.V.**
Rat- und Tatzentrum
Cottbus
Straße der Jugend 33
03050 Cottbus
T +49 321 21335991

Frankfurt (Oder)

LOCAL HEALTH OFFICE
Logenstraße 6
15230 Frankfurt (O)
T +49 335 5525313

Potsdam

MUNICIPALITY POTSDAM
Local health office,
Room 505
Jägerallee 2
14469 Potsdam
T +49 2892434/-2412

Landkreis Barnim

LOCAL HEALTH OFFICE
Am Markt 1
16225 Eberswalde
T +49 3334 2141601

Landkreis Dahme-Spreewald

HIV COUNSELLING OFFICE
Beethovenweg 14
15907 Lübben
T +49 3546 201784

HIV COUNSELLING OFFICE
Schulweg 1B
15711 Königs Wusterhausen
T +49 3375 263019

Landkreis Elbe-Elster

LOCAL HEALTH OFFICE
Grochwitzer Straße 20
04916 Herzberg
T +49 3535 463108

Landkreis Havelland

LOCAL HEALTH OFFICE
Forststraße 45, House A
14712 Rathenow
T +49 3385 5517110

LOCAL HEALTH OFFICE
Goethestraße 59/60
14641 Nauen
T +49 3321 4035306

LOCAL HEALTH OFFICE
Dallgowerstr. 9
14312 Falkensee
T +49 3321 4036820

Landkreis Märkisch-Oderland

LOCAL HEALTH OFFICE
Klosterstraße 14
15344 Strausberg
**T +49 3346 850 6710/
-6711**

Landkreis Oberhavel

LOCAL HEALTH OFFICE
Havelstr. 29
16515 Oranienburg
**T +49 3301 601 3781/
-3773**

Landkreis Oberspreewald-Lausitz

LOCAL HEALTH OFFICE
Großenhainer Straße 62
01968 Senftenberg
**T +49 3573 8704326/
-4322**

Landkreis Oder-Spree

LOCAL HEALTH OFFICE
Am Bahnhof 1, House 1
15517 Fürstenwalde
T +49 3361 35 2213

LOCAL HEALTH OFFICE
Brandstr. 39
15848 Beeskow
T +49 03366-35 2213

Landkreis Ostprignitz-Ruppin

LOCAL HEALTH OFFICE
Neustädter Straße 44
16816 Neuruppin
T +49 3391 6885366

Landkreis Potsdam-Mittelmark

LOCAL HEALTH OFFICE
Steinstraße 14, Room 104
14806 Bad Belzig
T +49 33841 91306

LOCAL HEALTH OFFICE

Lankeweg 4
14513 Teltow
T +49 3328 318135

Landkreis Prignitz

LOCAL HEALTH OFFICE
Bergstraße 1
19348 Perleberg
T +49 3876 713549

Landkreis Spree-Neiße

LOCAL HEALTH OFFICE
Heinrich-Heine-Straße 1
03149 Forst (Lausitz)
T +49 3562 98615356/-16

Landkreis Teltow-Fläming

LOCAL HEALTH OFFICE
Am Nuthefließ 2
14943 Luckenwalde
T +49 3371 6083892

LOCAL HEALTH OFFICE
Straße der Jugend 63
14974 Ludwigsfelde
T +49 3378 803608

Landkreis Uckermark

**GESUNDHEITS- UND
VETERINÄRAMT**
Berliner Straße 123
16303 Schwedt/Oder
T +49 3332 208 137

**GESUNDHEITS- UND
VETERINÄRAMT**
Karl-Marx-Straße 1
17291 Prenzlau
T +49 3984-703 353

Other help offices and HIV test centres:

AIDS-HILFE POTSDAM E.V.
Kastanienallee 27
14471 Potsdam
T +49 331 95130851

AIDS-HILFE LAUSITZ E.V.
Kulturzentrum
„Bunte Welt“
Thierbacher Str. 21
03048 Cottbus
T +49 321 21335991

**RAT & TAT ZENTRUM
POTSDAM**
Jägerallee 29
14469 Potsdam
T +49 331 240190

If you want to go to a counselling and test- ing office, it is important for you to know the following information:



HIV tests and counselling sessions are **FREE** in public health offices (Gesundheitsämter) and at the Aids-Hilfen. You don't need a **HEALTH INSURANCE ID** (medical referral).



You don't have to give your names or address: tests and counselling are **ANONYMOUS**.



The test result and the counselling sessions are **CONFIDENTIAL**. You are the only person who will be spoken to. Important: nobody will be displaced only because of an HIV-Infection!



If you have questions or you think that you might have been infected, you are always welcome at any of these counselling points. Together we can find solutions!

How to protect yourself and the others from infections?

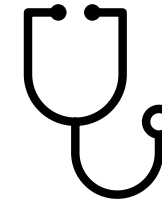


Condoms are a really good solution to protect you and your partner(s) from HIV, STI and unwanted pregnancy. You can get free condoms in the counselling offices and at the Aids-Hilfe.



It is really important to speak regularly to your partner about your health. If you notice any infections or if you have doubts, don't hesitate to talk to her or him! It is also the first step in protecting them!

A visit to the doctor



Doctors are obliged to medical secrecy. They are not allowed to talk about their patients with external parties (even public authorities or police), unless the patients gave them the authorisation to do so. They are also neutral and won't judge or discriminate against you in anyhow as a person or for your acts.

If the medical secrecy is broken, or if you are discriminated against, you can contact the Aids-Hilfe or local counselling offices for refugees to get help.

Your doctor is in any case your most important partner for your health. Don't hesitate to talk with him or her about your sexual health, particularly if you had a risk situation and even if they are no obvious symptom yet.

If you find it difficult to speak about HIV/Aids or sexual health with your doctor, you can use this note. Tick the appropriate cases for you and give this flyer to your doctor. They know the best how to help you.

I had | Ich habe

- unprotected sex (vaginal, anal) | ungeschützten Sex (vaginal, anal)
 - with a man | mit einem Mann
 - with a woman | mit einer Frau
- contact to possibly infected blood (syringes, needles...) | Kontakt zu Blut (Spritzenaustausch, Nadel) **gehabt**

It was | Es war

- less than 3 days ago | vor weniger als 3 Tagen
- less than 10 days ago | vor weniger als 10 Tagen
- 1 month ago | vor 1 Monat 2 months ago | vor 2 Monaten
- 3 months ago or a longer time | vor 3 Monaten / Es war vor einer längeren Zeit

I have | Ich habe

- pain in genital or anal region | Schmerzen im genitalen/analnen Bereich
- fever | Fieber
- a rash | Hautausschlag
- joints pains | Gliederschmerzen
- night sweats | Nachtschweißausbrüche
- lymph nodes swelling | Lymphknotenschwellung

I would like to get tested | Ich möchte mich

- for HIV | auf HIV
- for other sexual transmittable infections | auf andere sexuell übertragbare Infektionen **testen lassen**.



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With the friendly support of:

