

HIV TESTING

Know your status. Early treatment prevents transmission and AIDS.

What is HIV/AIDS?

HIV is a virus that **weakens immunity**. Without treatment, long-term HIV can progress to AIDS, when the immune system is severely weakened. [1]



How does it spread? [2]

- Sex without a condom
- Sharing needles or piercing/tattoo equipment
- Pregnancy & Breastfeeding



What are the Symptoms? [3]

- Fever
- Chills
- Sore throat
- Fatigue/malaise
- Mouth ulcers

What is HIV Testing?

HIV tests look for your **body's response** to the virus (antibodies) or for parts of the virus itself (antigens). [4]

Why HIV Testing matters?

Many people with new HIV have no symptoms and feel well....

ONLY A TEST CAN CONFIRM STATUS.

Knowing your status lets you start care early to stay healthy and prevent passing HIV to others.

Total people living with diagnosed HIV in Canada has been **relatively stable** with year-to-year fluctuations. [6-8]



IN 2025, ~46% OF PEOPLE HAVE NEVER BEEN TESTED IN CANADA. DON'T WAIT. [10]

WHAT TESTING OPTIONS ARE AVAILABLE?

CLINIC RAPID (POINT-OF-CARE) [10]

Where: Sexual-health clinics
Result: Minutes
Best for: Quick answers



ROUTINE WITHOUT ASSUMPTIONS [10]

Routine screening for all individuals aged 13 to 64, regardless of risk factors. [4, 12]



PHARMACY SELF-TEST KIT

Where: Pharmacies or online
How: Finger-stick at home
Best for: Maximum privacy



STRESS-FREE TESTING

Tests are: **quick, gentle, and confidential.**



REGULAR LAB TEST

Where: Ordered by a clinician at Life Labs
Best for: Confirmatory testing or early exposures



ANONYMOUS TESTING IN TORONTO [13]

Sexual Health Clinics offer services that **do not** require you to provide your **name** or **other identifying information**.



COST:

- Free with OHIP at public/sexual-health clinics
- Anonymous sites are free.
- Self-test kits are **\$35-\$60** but some programs can cover or subsidize the cost.



[14-15]

IS IT EASY TO ACCESS?

FLEXIBLE HOURS:

- Drop-in at Toronto Sexual Health Clinic
- Evening/weekend hours at many sites
- Self-tests allow for **at home testing**, anytime



[15-17]

Ready to Test? Start Here

FIND A CLINIC NEARBY:

Scan the QR to find the nearest clinic in the GTA.

Moyo Health & Community Services

Hurontario St & Ray Lawson Blvd, Brampton
Free self-testing kits by mail or in-person pickup [19]

York Region Sexual Health Clinics

Georgina, Newmarket, Vaughan, Richmond Hill and Markham
Outreach clinic on Tuesday's to support priority populations [21]

Pickering Sexual Health Clinic

Kingston Rd & Liverpool Rd
Clinic is wheelchair accessible [22]

Oakville Health@232

South Service Road E & Trafalgar Rd E
Free anonymous testing available upon request [20]

Hassle Free Clinic

Gerrard St E & Church St
Rapid onsite testing with results available within a few minutes [18]

WHAT TO DO IF YOU TEST POSITIVE?

YOU ARE NOT ALONE.

HIV is **treatable**. With treatment, most people become **undetectable** and cannot pass HIV through sex. Clinics can connect you to care and support right away. [17]

