

***Make a donation
to ensure services
remain FREE.***

Your financial contributions
make it possible for us
to provide services to the
community for FREE.

Please consider making a
tax deductible contribution today -
to ensure services remain
free tomorrow.

Piedmont Care, Inc.
is a nonprofit
501(c) 3 organization.

To make a donation,
visit our website:
www.piedmontcare.org

Condom Distribution

Piedmont Care provides
assorted condoms, lubricants,
and barriers for FREE.

They are available at the
Piedmont Care office and at
approximately 60
condom access partnerships.

Would you like to get condoms
and safer sex supplies for your
business, organization,
group, or club?

If interested in becoming a
condom distribution partner,
please contact our
Prevention Coordinator:

Loree Bishop, CSE
loree@piedmontcare.org



***Rapid HIV Testing
and Frequently
Asked Questions***

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Rapid HIV Testing

Rapid HIV tests detect HIV antibodies created by your body in response to HIV infection.

Once exposed to HIV, your body takes approximately 23 days to 90 days to produce those antibodies.

The time from exposure until a test is able to detect HIV is called the window period.

If you are in the **window period today** (tested before 90 days after a known or possible exposure), you should plan to test again after 90 days (approximately 3 months) from known or possible exposure.

Possible exposure may be:
Vaginal, anal, or oral sex with a person whose HIV status you do not know.

Sharing needles or drug injection equipment.

Sharing needles for any purpose, such as tattoos, piercings, diabetic lancets or medication injections.

Safer Sex Supplies

Always check the expiration date of condoms and other barriers.

Latex-free and internal condoms are barrier options for those with latex allergies or sensitivities.

Dental dams are barriers that prevent skin to skin contact.

Lubricant (“lube”) is a liquid or gel that is already added in the packaging of most condoms.

Adding additional lube prevents condoms from breaking and tearing by reducing friction.

Lube will also prevent skin irritation, which lessens the likelihood of transmission of HIV and other sexually transmitted infections.

Only use silicone or water based lubricants.

Oils, vaseline or other substances may contribute to condom failure.

Who should get tested for HIV?

If you are sexually active, you should get tested at least **once per year.**

You should get tested every **3-6 months if you:**

- » Frequently have sex or engage in sexual acts without a condom or barrier
- » Often have sex with people whose HIV status you do not know
 - » Exchange sex for drugs or money
 - » Share injection drug equipment

See www.cdc.gov for a complete list of HIV testing recommendations.

