

WHAT IS HIV?

Human Immunodeficiency Virus (HIV) is a blood borne infection which attacks the immune system and can lead to Acquired Immune Deficiency Syndrome (AIDS) if not treated. With treatment, HIV becomes undetectable in the blood and the body can not pass it on. Today, people with HIV can live long and healthy lives.

How can HIV be transmitted?

- Sexual contact (e.g. vaginal or anal sex)
- Blood transmission (e.g. sharing needles or syringes)
- Mother-to-child transmission (pregnancy)

Where do I get tested?

Centretown Community Health Centre: Gay Zone

420 Cooper Street | 613-233-4443
Free & anonymous HIV testing, every Thursday
from 5 to 8 pm

Sexual Health Clinic

179 Clarence Street | 613-234-4641

Somerset West Community Health Centre

55 Eccles Street | 613-238-8210

University of Ottawa Health Services

100 Marie-Curie Private | 613-564-3950

Symptoms

Not everyone will experience symptoms after an HIV infection, but many will. Symptoms include fever and body aches, nausea, diarrhea, and vomiting.

If you are newly diagnosed with HIV, visit HIV411.ca to find services near you.

Which Fluids Can Carry HIV

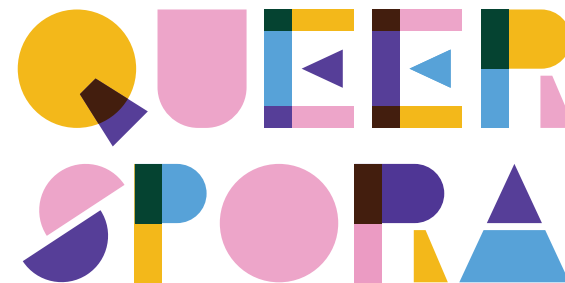
- Blood
- Semen (pre-cum & cum)
- Rectal fluid
- Vaginal fluid
- Breast milk

HIV AND STI PREVENTION

- Condoms
- PrEP (It will prevent HIV, but it will not protect you against other STIs)
- PEP (after potential exposure to HIV)
- Combining condoms & PrEP can be highly effective in reducing HIV/ STIs transmission
- Getting tested and knowing your status
- Not sharing drug consumption materials with others (syringes, meth pipes, etc.)

OTHER SEXUALLY TRANSMITTED INFECTIONS

- Hepatitis
- Human papillomavirus (HPV)
- Genital herpes
- Chlamydia
- Gonorrhea
- Syphilis



NEWCOMER HEALTH AND SETTLEMENT SERVICES

A Guide for Guys into Guys

This brochure was prepared and reviewed by GBTQ newcomers in Ottawa, and in partnership MAX Ottawa and Capital Rainbow Refuge.

Important Services & Resources for Newcomers

HEALTH

- **Language Service:** For health services in your maternal language, visit the Ottawa Newcomer Health Centre located at 219 Argyle Avenue (Lower Level).
- **Mental Health Services:** Contact our health and wellness navigators at navigation@maxottawa.ca or by phone at 613-701-6555.
- **Mental Health Crisis:** Call the 24/7 Distress Centre of Ottawa at 613-238-3311.

EMPLOYMENT

Finding a job is difficult, Employment Ontario can help! Find the nearest center on their website: ontario.ca/page/employment-ontario

LANGUAGE CLASSES AND SCHOOLS

Interested in taking language courses or attending school? YMCA-YWCA can help you with language assessment and referral to classes. Connect with them at 613-238-5462. ymcaywca.ca

SOCIALIZING AND ENTERTAINMENT

MAX offers a variety of programs, including a creative arts program, support & social groups. Learn more at maxottawa.ca.

MAX maintains a weekly list of friendly queer events at maxottawa.ca/thelist.

Centretown Community Health Centre offers a LGBTQ+ Newcomer program every second and last Monday, 5:30pm to 7:30pm.

Taverns/Bars

T's (323 Somerset St. W.)
Swizzles (246 B Queen St.)

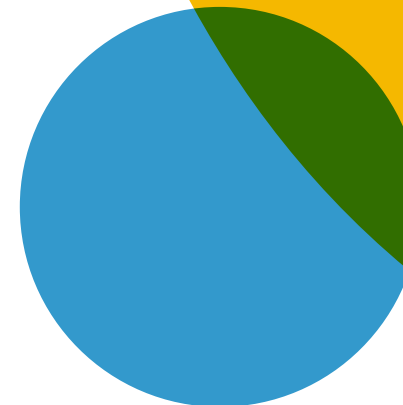
Night Clubs

Lookout (41 York St. 2nd Floor)
Babylon (317 Bank St.)
Mercury Lounge (56 Byward Market Square)

Useful Links

Settlement: settlement.org
Anonymous HIV Testing: bit.ly/37aDSck
PrEP & PEP: equipyourself.ca
STI: catie.ca/en/fact-sheets#sti

Production of this document has been made possible through a financial contribution from the Public Health Agency of Canada. The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada.



EXCITED?

On this brochure, you'll find useful information and websites for settlement support services, community resources and sexual health information. We recommend getting tested for STIs every 3-6 months is a great way to stay healthy.

