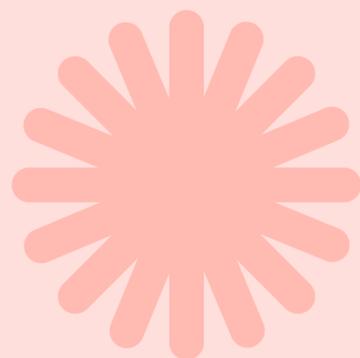
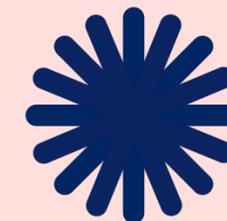


# — Multilingual Toolkit —



## HIV (Human Immunodeficiency Virus)

Prevent - Test - Treat



**NSW Multicultural HIV and Hepatitis Service (MHAHS)**

 [www.mhahs.org.au](http://www.mhahs.org.au)

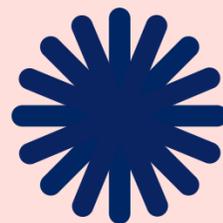
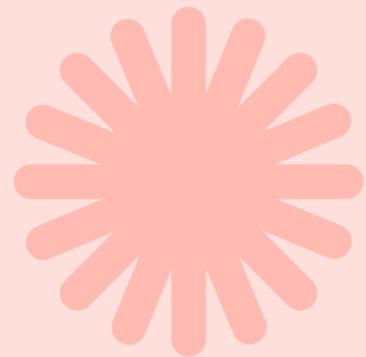
 @TheMHAHS



**MHAHS**

# Contents

- 1 Introduction
- 2 Social media messaging
- 3 HIV. What You Need To Know booklet
- 4 Multilingual DBS testing resources
- 5 MyTest vending machine promotion
- 6 Pozhet video resources & factsheets
- 7 NAPWHAs No Medicare, No problem campaign
- 8 Multilingual video resource hub
- 9 HIV Education Package
- 10 MHAHS website
- 11 Service directory



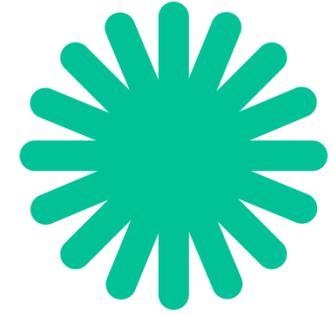
# Introduction to HIV

HIV stands for human immunodeficiency virus. It affects the immune system, making it harder for the body to fight infections. Without treatment, HIV can lead to serious illness and may develop into AIDS over time. With the right care and treatment, people living with HIV can live long, healthy lives.

In NSW late HIV diagnoses remain a concern, particularly among migrant and refugee communities from countries with higher HIV prevalence. Advanced testing options, such as Dried Blood Spot (DBS) testing and MyTest, make testing easier, more private and accessible.

Raising awareness and improving access to testing and prevention empowers our communities to make informed decisions and seek help early.

By sharing the resources in this toolkit through your digital platforms and communication channels, you can help increase HIV awareness, encourage access to testing, and support the national commitment to reach virtual elimination of HIV by 2030.



# Suggested Text for Social Media

Key message	Copy text
HIV Testing Week (first week of June)	HIV testing is a normal part of looking after your health – just like a check-up or other health tests. You should get tested for HIV if you are a man who has sex with other men, or if you think you have been at risk. This HIV Testing Week, let’s make HIV and sexual health screening part of regular healthcare.
HIV Testing	Do you know your HIV status? The only way to know if you have HIV is to have a HIV test. There are many options to get a HIV test. You can get tested at a local doctor, sexual health clinic, family planning clinic, with a <u>Dried Blood Spot (DBS) test</u> or at a <u>MyTest vending machine!</u> Use this <u>interactive map</u> to find out where you can get tested for HIV and STIs.
MHAHS HIV Booklet	HIV is a preventable condition. People living with HIV can live long, healthy lives with proper care and management. Find out more information about HIV in your language via the MHAHS website. The “HIV What You Need To Know” booklet is available in Arabic, Chinese, Indonesian, Portuguese, Spanish, Thai and Vietnamese.



[Re-share our posts! Keep an eye out on the MHAHS Facebook page to easily re-share social media posts.](#)

# HIV. What You Need to Know Booklet



English



Arabic



Chinese



Indonesian



Thai



Spanish



Portuguese



Vietnamese

A comprehensive resource providing essential information about HIV.  
Produced by MHAHS

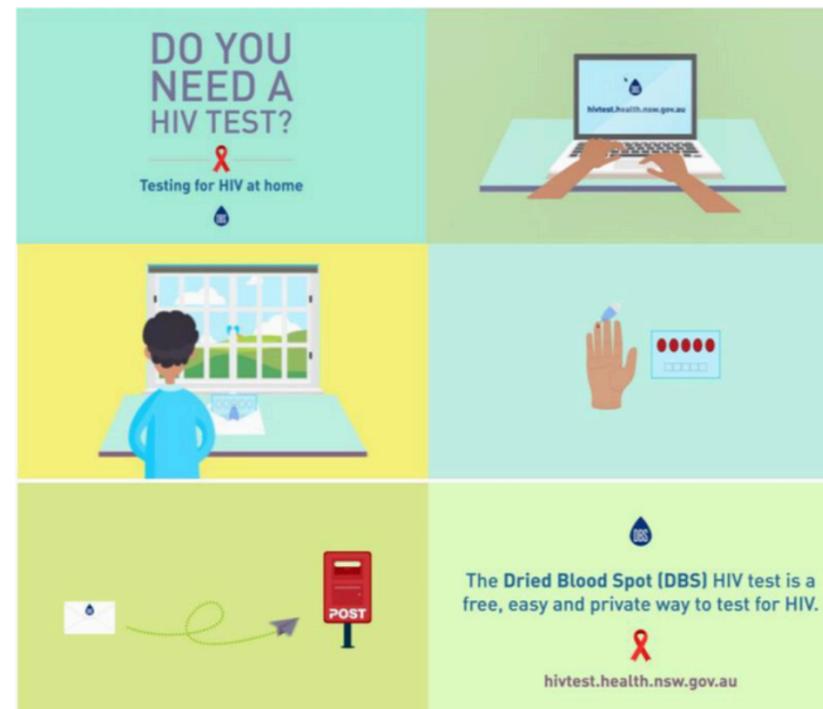
Online download

Order free hard-copies

# DBS Testing Resources

Dried Blood Spot (DBS) Testing offers eligible individuals the convenience of testing for HIV in the comfort of their own homes, eliminating the need for doctor visits. It's a simple, reliable and confidential method that allows community members to order a free DBS testing kit online, provide a fingerprick blood sample on the test card provided, and send it back to the laboratory for testing. Results are provided by a nurse within a week.

## DBS demonstration video



Arabic

Chinese

English

Indonesian

Thai

Vietnamese



# MyTest

MyTest is a NSW Ministry of Health initiative designed to improve access to free HIV self-test kits through vending machines located across NSW. These self-tests provide a confidential and convenient option for individuals to check their HIV status. The website provides information about HIV and testing and is accessible in seven languages.



## MyTest radio advertisement: Community Service Announcements

English

Malay

Arabic

Portuguese

Chinese

Spanish

Hindi

Thai

Indonesian

Vietnamese

# MyTest - A3 Multilingual Posters



- Arabic
- Chinese
- English
- Dari
- Farsi
- Hindi
- Indonesian
- Malay
- Nepali
- Spanish
- Vietnamese

# MyTest - A4 Multilingual Factsheets

**MyTest**

## مجاني وسريع وخاص

هل أحتاج إلى إجراء اختبار ذاتي لفيروس نقص المناعة البشرية من خلال MyTest؟

اختبار فيروس نقص المناعة البشرية مجاني وسريع وخاص مع MyTest. أي شخص نشط جنسياً قد يكون معرضاً لخطر الإصابة بفيروس نقص المناعة البشرية.

الطريقة الوحيدة لمعرفة حالة فيروس نقص المناعة البشرية لديك هي من خلال الاختبار.

في حين أن أي شخص نشط جنسياً يكون معرضاً لخطر الإصابة بفيروس نقص المناعة البشرية، يوصى بإجراء اختبار فيروس نقص المناعة البشرية بشكل خاص لما يلي:

- الأشخاص الذين لديهم شركاء متعددين أو تم تغيير الشريك مؤخراً
- المهاجرون من الدول التي ترتفع فيها معدلات الإصابة بفيروس نقص المناعة البشرية
- أي شخص تم تشخيص إصابته بمرض منقول جنسياً
- النساء الحوامل
- الأشخاص الذين يستخدمون العلاج الوقائي قبل التعرض الوقائي من فيروس نقص المناعة البشرية
- المثليون ومزدوجي التوجه الجنسي وغيرهم من الرجال الذين يمارسون الجنس مع الرجال، بما في ذلك النساء المتحولات اللاتي يمارسن الجنس مع الرجال
- الاتصال الجنسي بشخص مصاب بفيروس نقص المناعة البشرية أو معرض لخطر الإصابة به
- أي شخص يعاني من أعراض الإصابة بفيروس نقص المناعة البشرية

أين يمكنك معرفة المزيد من المعلومات؟

يمكنك العثور على مزيد من المعلومات حول MyTest والوقاية من فيروس نقص المناعة البشرية واختباره وعلاجه على موقع MyTest الإلكتروني.

**NSW GOVERNMENT**  
mytest.health.nsw.gov.au

**MyTest**

## Free, Fast & Private

**What is MyTest?**

The MyTest project provides access to free HIV self-test kits through vending machines for people living in NSW.

**Do I need an HIV self-test through MyTest?**

HIV testing is free, fast and private with MyTest. Anyone who is sexually active may be at risk of HIV.

The only way to know your HIV status is through testing.

While anyone who is sexually active is at risk of HIV, HIV testing is particularly recommended for:

- people with multiple partners or a recent partner change
- migrants from countries with a high rate of HIV
- anyone diagnosed with a STI
- pregnant women
- people using pre-exposure prophylaxis to prevent HIV
- gay, bisexual and other men who have sex with men, including trans women who have sex with men
- sexual contacts of someone with HIV or at risk of HIV
- anyone with symptoms of HIV.

**What is HIV?**

HIV stands for Human Immunodeficiency Virus and is a manageable condition. It is a virus that attacks your immune system. HIV weakens the body's immune system which makes it hard for your body to fight off infections.

The longer HIV is left untreated, the more damage it can do. This is why it is important to test often and to start treatment as soon as possible if you need it.

**How do I get a free HIV self-test kit?**

To get a free HIV self-test kit, go to the MyTest website and register. All you need to do is provide a mobile number or email address. Once you have registered, choose a vending machine location near you to collect your self-test from.

**Where can I find out more information?**

You can find more information about MyTest, HIV prevention testing and treatment on the MyTest website.

Scan the QR code  
**NSW GOVERNMENT**  
mytest.health.nsw.gov.au

Arabic

Chinese

English

Dari

Farsi

Hindi

Indonesian

Malay

Nepali

Spanish

Vietnamese

# MyTest - Multilingual Social Media Tiles



Arabic

Chinese

English

Dari

Farsi

Hindi

Indonesian

Malay

Nepali

Spanish

Vietnamese

# HIV-Related Stigma Videos



Pozhet is pleased to introduce the full series of videos exploring the lived experiences of Pozhet clients. The videos address the stigma and discrimination experienced by people with HIV from the general community.

The series unpacks issues that are topical for heterosexual people living with HIV; the relaxed Q & A format of the interviews allows Pozhet clients to share their experiences organically, often in a jovial manner.

[Watch here](#)

# Living well with HIV: Factsheets

Factsheet 1

## HIV and Having a Baby

DECEMBER 2019



### Introduction

People living with HIV (PLHIV) can have healthy children without transmitting (giving HIV to another person) to their partner or baby. Transmission of HIV from mother to child is extremely rare in Australia.

By taking HIV medications and with the support of health workers:

- Women living with HIV can get pregnant without transmitting to their partner
- Women living with HIV can reduce the risk of transmission to their baby to almost zero (<1%)
- Men living with HIV can have children without transmitting to their partner or baby

### Preparing to Have a Baby

If you, your partner, or both, have HIV and are thinking about having children you should tell your HIV doctor that you would like to have a baby. They will talk with you about the safest way to get pregnant and have a HIV-negative baby. They will make sure your HIV medications are safe for pregnancy and that you have the right support.

Sometimes pregnancies can be unplanned. If this happens, see your doctor as soon as possible so they can give you the help and information you need.

### Fertility

HIV can affect your ability to become pregnant. If you do not become pregnant in the first year of trying, it is a good idea to talk with your HIV doctor. They can give you helpful advice or refer you to a fertility clinic.

An 'undetectable viral load' (UVL) means that the amount of HIV in your blood is so low that it cannot be transmitted. This does not mean HIV is completely removed from the body or you are cured.

### Having a Baby with a HIV Negative Partner

When one partner is living with HIV and the other is not, it is possible to become pregnant without transmission to the negative partner. If the HIV-positive partner takes their HIV medications and maintains an undetectable viral load, there is no risk of transmission.

Regular testing is important to ensure the viral load is undetectable. Before trying to get pregnant, both partners should be checked and treated for sexually transmitted infections.

The HIV-negative partner can also take HIV medication before and while they are trying to get pregnant to prevent infection. This treatment is known as PrEP (Pre-Exposure Prophylaxis) and is an additional option if the partner with HIV has a detectable viral load. Talk to your doctor about this if you want more information.

Timing of sex to coincide with ovulation (about 2 weeks before the period starts) can be discussed with a treating doctor to increase the chance of getting pregnant and reduce risk of transmission. This means having sex for a few days when the female partner is

Factsheet 2

## HIV and Relationships

DECEMBER 2019



### Introduction

People living with HIV (PLHIV) can have relationships, have sex and have children without passing on HIV.

A positive person might feel nervous when starting a relationship with someone who doesn't have HIV. They might think things like:

- When should I tell them that I have HIV?
- How will they react?
- How do I explain what it means to be undetectable and the ways to prevent HIV transmission (giving HIV to another person)?

With the right information, treatment and support, PLHIV can have healthy sex and relationships.

### Telling

Telling other people your HIV status is often called disclosure. It is something to think about if you are starting a new relationship.

You will need to decide:

- If you must tell them
- If you are ready to tell them
- How to tell them

If you are not having sex with them, you may decide not to tell them.

It is a good idea to talk to a social worker or counsellor if you want to tell a partner about having HIV. They will help you prepare and support you to decide what to say, when to tell them, and what to expect.

An 'undetectable viral load' (UVL) means that the amount of HIV in your blood is so low that it cannot be transmitted. This does not mean HIV is completely removed from the body or you are cured. It means that the amount of virus remaining is so low, it cannot be passed on by having sex. Most people can have an UVL, if they stay on their HIV medication as the doctor prescribes.

### Disclosure and the Law in NSW

If the relationship involves sex, you do not have to tell the person as long as you are taking action to not pass on HIV. Under the law this is called 'reasonable precaution'.

This can mean using condoms and/or taking your medication as prescribed, and having an undetectable viral load (see below).

Your doctor will tell you what you need to do for this.

### Things to Consider before Disclosing HIV Status

- Can I trust this person?
- Do they treat people with empathy and respect?
- Do they care about me?
- Am I ready for questions like 'How did you get it'?
- Many people in the general community don't know a lot about HIV and I may have to educate them or tell them where to find information.

Factsheet 3

## Ageing and HIV

APRIL 2021



### Introduction

People who have HIV are living longer and healthier lives. The HIV medications used today are very effective. They support and protect the body's immune system and help to prevent many illnesses.

People who have HIV can live as long as people who do not have HIV. However, people with HIV may develop health problems not related to HIV as well as other age-related health conditions at a younger age.

Monitoring your mental and physical health and having a healthy lifestyle can help prevent and improve the outcome of these conditions.

### What we know

- A recent life expectancy study has shown that people who have HIV can live as long as their HIV negative peers. However the study found that HIV-positive people experienced these non-HIV and ageing-related health problems on average 16 years earlier than their negative peers.<sup>1</sup>
- People with HIV have higher rates of some age-related conditions, including cardiovascular disease (heart and blood vessel), osteoporosis (bone) and some cancers. Some people experience problems with concentration, memory loss and behaviour change. This condition is known as HAND (HIV-associated neurocognitive disorders).<sup>2</sup>
- People with HIV who have a weakened immune system (low CD4 count) are more likely to become ill. People who had a high level of virus (viral load) at the time they discovered they had HIV, are more likely to develop some health problems, even if their health has since improved.<sup>3</sup>
- Factors such as age, the level of virus in the blood, genetic factors, lifestyle and health care, all have an impact on life expectancy and health. It is important to know that there are other causes for age-related health problems, not related to HIV. For example, smoking and stress can cause heart disease whether a person has HIV or not.<sup>4</sup>
- Women who have HIV could be more likely to have higher rates of non-AIDS related conditions including age-related health problems than men.<sup>4</sup>
- Changes to your lifestyle can keep you healthy and help avoid many physical and mental health problems.

### What you can do to stay healthy

Healthy eating, regular exercise, relaxation, sleep and a good social life, can help you to stay well and avoid health problems.

- **Have a good relationship with your health care worker (doctor, nurse, social worker counsellor or other support worker)**  
It is important that you find a health care worker you trust and can talk to. They can help you understand your medication. Talk to them if you cannot remember to take your medication or if you do not feel like taking it.
- **Attend medical appointments regularly**  
Regular health checks make sure any problems are found before they become serious.
- **Stop smoking**  
Talk to your health care worker about options that will work for you. You can get free professional help to make a quit attempt from the NSW Quitline on 13 7948 and the Cancer Institute NSW website: [www.cancer.org.au](http://www.cancer.org.au)

<sup>1</sup> Maroufi, J., et al. Increased overall life expectancy but not comorbidity-free years for people with HIV. Conference on Retroviruses and Opportunistic Infections, abstract 121, March 2020.  
<sup>2</sup> <https://www.sciencedirect.com/journal/hiv-and-aging>  
<sup>3</sup> <https://doi.org/10.1111/jpmh.12236>  
<sup>4</sup> Wernick, J.A., Sherrill, C.A., Justice, A.C. Primary care of women aging with HIV. J Midwifery Women's Health. 2015;64(2):148-225. doi:10.1111/jmwh.12236  
<sup>5</sup> Hammer, M., Fichtenbaum, C.J. Bearing the Burden of Non-AIDS Comorbidity: This is What Women Aging with HIV Look Like. Clin Infect Dis. 2022;Mar 23:e029. doi:10.1093/cid/ciab209. Spide ahead of print. PMID: 32115529.

In-language factsheets developed by Pozhet, with support from MHAHS. Available in 10 priority languages:

- Arabic
- Chinese Simplified
- Hindi
- Indonesian
- Mongolian
- Nepali
- Portuguese
- Spanish
- Thai
- Vietnamese

Download here

# NAPWHA Social Media Assets

Elevate your impact with these ready-to-use, themed digital and social media material developed the National Association of People with HIV Australia.

Share across your social platforms, websites and e-newsletters to help start conversations about HIV.



Information available in Thai, Simplified and Traditional Chinese, Vietnamese, Spanish and Portuguese.

[Download assets here](#)

# Multilingual Video Resource Hub

One In Ten



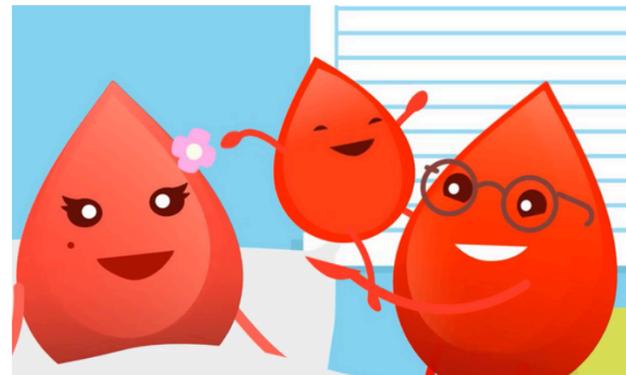
Travel and HIV



HEADING OVERSEAS?



Bloodspot Stigma Animation



Back From Overseas

JUST BACK FROM OVERSEAS?



# HIV Education Package

The 'Understanding Human Immunodeficiency Virus (HIV)' education package is designed to provide accurate and up-to-date information with the aim of:

- Increasing participant awareness and knowledge about HIV prevention, testing, and treatment
- Promoting regular testing for people at risk of getting HIV
- Encouraging participants and their communities to access NSW healthcare services, and
- Addressing misinformation and stigma that people may have about HIV

[Download English facilitator guide here](#)



Download the PowerPoint slides below



Download the PDF versions of the slides below

Arabic

Arabic

Bengali

Bengali

English

English

Simplified Chinese

Simplified Chinese

Traditional Chinese

Traditional Chinese

Indonesian

Indonesian

Nepali

Nepali

Portuguese

Portuguese

Spanish

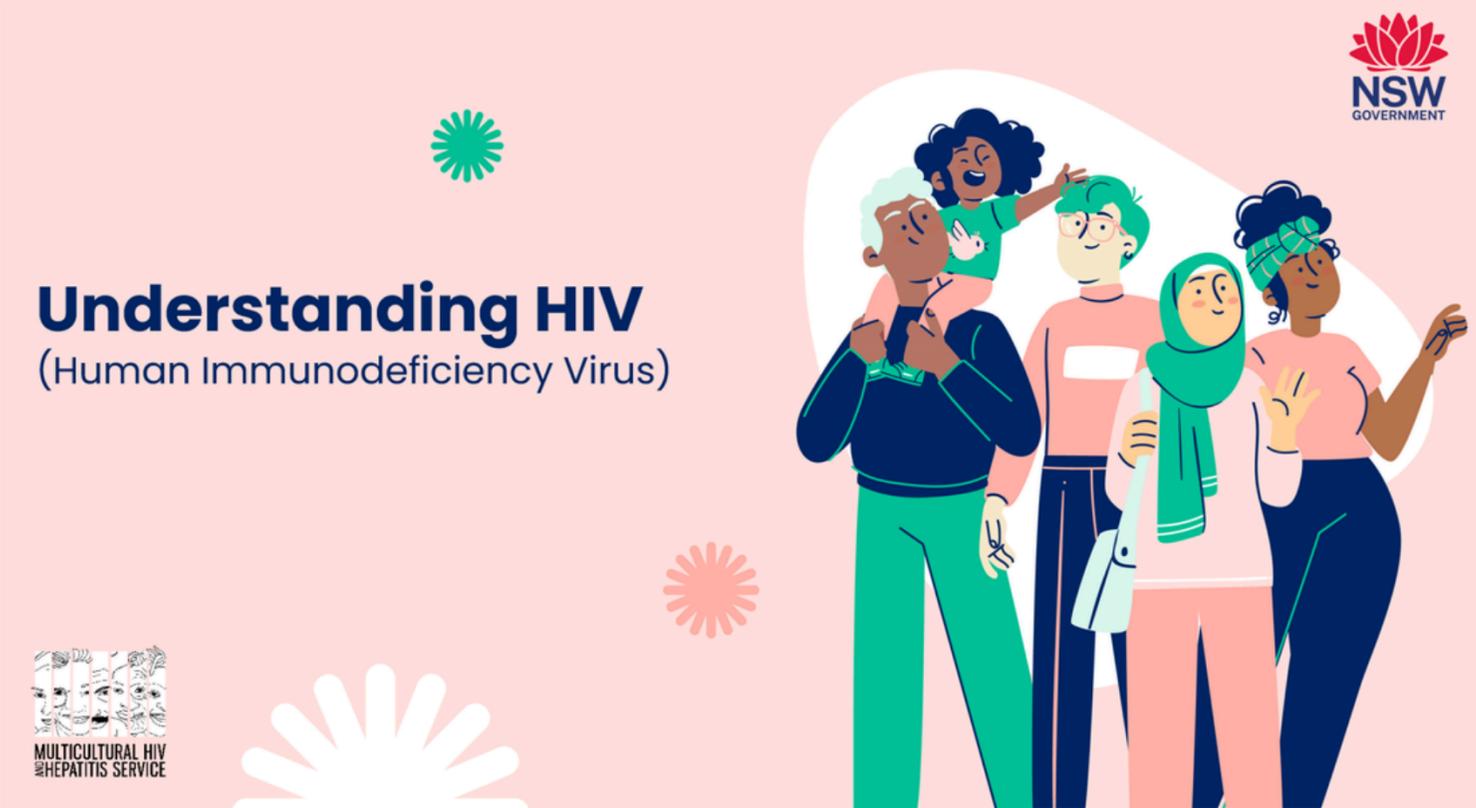
Spanish

Thai

Thai

Urdu

Urdu



# MHAHS Website

The new Multicultural HIV and Hepatitis Service (MHAHS) website has launched! It features content on HIV, hepatitis, sexual health, and navigating the Australian health system in 17 languages.



Explore the new:

- Multilingual resource hub
- Service directory
- Community education packages
- Media kits

Download these assets to help share the website amongst your networks and platforms.

[Visit MHAHS website](#)



## Social media tiles

Find trusted health information in your language – now available in 17 languages!

Explore the new multilingual website at [mhahs.org.au](#)

Explore the new [mhahs.org.au](#)

Your one-stop hub for health information in multiple languages.

Your one-stop hub for health information in multiple languages.

Welcome to the new [mhahs.org.au](#)

Search, download and share multilingual health information more easily!

Visit our refreshed website [mhahs.org.au](#)



## Signature block

MULTICULTURAL HIV AND HEPATITIS SERVICE

Explore the new multilingual website at [mhahs.org.au](#)

# Service Directory



## NSW MHAHS



Level 1, 300 Bridge Road, Forest Lodge NSW



(02) 9515 1234



info@mhahs.org.au



## Pozhet



Level 1, 300 Bridge Road, Forest Lodge NSW



pozhet.org.au



pozhet@pozhet.org.au



## ACON



414 Elizabeth Street, Surry Hills, NSW



(02) 9206 2000



acon@acon.org.au

## Bobby Goldsmith Foundation

### BGF



#### Sydney:

Level 3, 111-117 Devonshire Street Surry Hills, NSW



#### Western Sydney:

Level 3, 90 Phillip Street Parramatta, NSW



(02) 9283 8666



bgf@bgf.org.au

# Service Directory



## NSW Sexual Health Infolink

 1800 451 624

 [thealbioncentre.org.au](http://thealbioncentre.org.au)



## NSW Users and AIDS Association

 304 Crown Street, Surry Hills, NSW

 (02) 9171 6650

 [nuaa.org.au](http://nuaa.org.au)



## Positive Life NSW

 [positivelife.org.au](http://positivelife.org.au)

 (02) 8357-8386 or 1800 245 677 (freecall)

 [contact@positivelife.org.au](mailto:contact@positivelife.org.au)



## The Albion Centre

 150 Albion Street, Surry Hills NSW

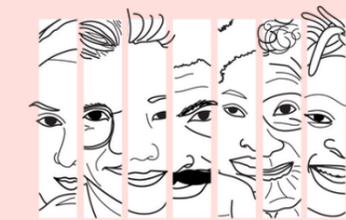
 (02) 9332 9600

 [thealbioncentre.org.au](http://thealbioncentre.org.au)

\*By appointment only, no walk-ins

— Thank you —

For more information  
email: [info@mhahs.org.au](mailto:info@mhahs.org.au)



**MHAHS**

**NSW Multicultural HIV and Hepatitis Service (MHAHS)**

 [www.mhahs.org.au](http://www.mhahs.org.au)

 [@TheMHAHS](https://www.facebook.com/TheMHAHS)

