

## AIDS / HIV

### General information on AIDS and the HIV virus

HIV and AIDS are not the same thing. HIV is the abbreviation for a virus. If HIV makes you very ill, it is called AIDS. HIV is difficult to transmit. You cannot become infected with HIV in everyday life. HIV is usually transmitted during sex without protection.

### The HIV test: knowing if you have HIV

Do you want to know if you have HIV? Then take an HIV test! An HIV test is the only way to find out if you have HIV.

### Living with HIV

There are good drugs against HIV. You can live well and for a long time with them. AIDS-Hilfe is happy to provide counselling and help.

### The AIDS counselling service offers

- telephone and personal counselling for individuals, couples or groups
- Counselling for people who are afraid of being infected
- Counselling for anyone who wants to know how to protect themselves effectively

It also offers **help for people infected with HIV:**


- psychosocial counselling
- counselling
- Help in crises
- Applications for financial support from the German AIDS Foundation


It also offers the **possibility of testing** (antibody test):


- for everyone anonymously and free of charge
- Personal test counselling and test notification

### District of Verden

AIDS/HIV counselling

 Iris Jacob

 Lindhooper Straße 67, 27283 Verden, Zimmer 1182 (Gesundheitsamt, 1. OG)

 +49 (0) 423115528

 [iris-jac@landkreis-verden.de](mailto:iris-jac@landkreis-verden.de)

 <https://www.landkreis-verden.de/buergerservice/di...>