



Health Services

# University of Oklahoma Student Affairs

Hours: 8 a.m.–6 p.m.  
Telephone: 405 325-4611, Fax: 405 325-7065  
Web: <http://goddard.ou.edu/healthed>

We pledge to treat you with dignity and respect and to provide you with competent and compassionate therapeutic services.

**Charles B. Goddard Health Center**  
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## How to Get Test Results and What do They Mean?

Results are usually available approximately one week after testing. Results are not given over the phone.

- A **negative test** result indicates an absence of HIV antibodies in the blood at the time of the test. If tested during the “window period” (the time before the antibodies are produced) a negative test result may not accurately reflect if one is infected. Most people produce antibodies within 3 months of exposure, but some may take as long as 6 months. A **negative test** does **not** mean that one is immune to HIV or AIDS or that one cannot become infected with HIV in the future.
- A **positive test** result indicates the presence of HIV antibodies. The infected person will have the virus for life and can transmit the virus to others. A positive result does **not** mean one has AIDS. Many people who have tested positive have remained healthy for years. One should follow a healthy lifestyle, seek emotional support, and find a supportive and knowledgeable health care provider to discuss treatment. Those who have tested positive have a responsibility to themselves and to others to avoid transmitting the virus.

## What Can One Do If the Test Results are Positive?

HIV is a very serious infection. However, due to advanced medical technology many people with HIV and AIDS are living longer, healthier lives.

Tips to stay healthy:

- Find a health care provider who specializes in HIV treatment
- Visit a health care provider on a regular basis
- Take all medication(s) as prescribed
- Get all immunizations as prescribed
- Refrain from using alcohol, tobacco, or other drugs not prescribed by a health care provider
- Eat a healthy and nutritious diet
- Participate in regular physical activity
- Get enough sleep and stay well rested

## References

[www.cdc.gov](http://www.cdc.gov) (Centers for Disease Control)

[www.health.state.ok.us](http://www.health.state.ok.us) (Oklahoma State Department of Health)



Meeting the health needs of OU students, faculty, staff, and dependents

# Health Services



### What is HIV?

In 1984 Human Immunodeficiency Virus (HIV) was identified as the cause of Acquired Immunodeficiency Syndrome (AIDS). HIV is the virus that attacks and destroys the body's white blood cells (lymphocytes) called CD4 cells or T-helper cells. These cells help the body fight off infection and disease. Although there is **no** cure for HIV, not all individuals infected with HIV develop AIDS.

### What is AIDS?

AIDS is a disease that is diagnosed based on symptoms and illnesses resulting from an HIV infection. Because the HIV virus destroys the body's immune system, individuals with HIV are at greater risk for developing unusual infections or cancers that normally do not pose a threat to individuals with a healthy immune system.

The progression of HIV/AIDS depends on viral activity, strength of the body's immune system, and treatment.

### How is HIV Transmitted?

HIV can be found in the following bodily fluids: blood, vaginal secretions, semen, and breast milk. Common modes of transmission include:

- **Sexual Activity:** anal, oral, or vaginal intercourse (male to female, male to male, female to male, female to female)
- **Direct Blood Contact:** sharing needles or other injection drug exposures, occupational exposures, and transfusion of blood or blood products before 1985
- **Perinatally:** from infected mother to baby before, during, or following birth (through breast feeding)

There is **no** evidence that HIV can be transmitted through air, water, food, or casual body contact.

### How Can the Risk of Contracting an HIV Infection be Reduced?

To eliminate the risk of contracting HIV:

- Practice abstinence, refrain from all types of sexual activity
- Do **not** participate in injection drug use
- Maintain a monogamous relationship with a non-infected, non-injection drug using partner

To reduce one's risk:

- Practice safe sex
  - Reduce** number of sexual partners
  - Avoid** unprotected anal, vaginal, or oral intercourse as well as other sexual practices that can expose one to bodily fluids
  - Use** a latex or polyurethane condom with a water-based lubricant during every sexual act

- Do **not** share needles or other equipment used for injecting drugs
- Practice universal precautions
- Avoid using alcohol or drugs that may inhibit the ability to make healthy decisions

### Who Should be Tested for HIV?

- Anyone who may have come in contact with infected semen, vaginal secretions, and/or blood
- Anyone who participated in at-risk behaviors such as unprotected sexual activity or injection drug use
- Anyone who is considering becoming sexually active

### Testing Sites

OU Health Services laboratory is a confidential testing site. Therefore, the test and test results will be held in strict confidentiality. Information will be shared only with those who have authorized access to medical records.

OUHS Laboratory (GHC)  
Telephone • 325-4611 • Ext. 41142  
Hours • M-F 8:00 am - 6:00 pm  
No appointment necessary

Anonymous testing is also available at surrounding health care facilities. At an anonymous testing site no personal information is recorded. An identification number will be assigned and this number must be presented when picking up results.

For anonymous testing sites call the local health department Cleveland County • (405) 321-4048 or the CDC National AIDS Hotline • 1-800-342-AIDS (2437) or 1-800-227-8922.