

**The test result for anti-HIV antibodies**

.....  
(name and surname of the informed person)

.....  
(national identification number of the informed person)

.....  
(residence of the informed person)

**I CONFIRM THAT:**

- 1) On ..... I was informed of a positive result of my test for anti-HIV antibodies from .....
- 2) I have been instructed about the need to visit a specialised clinical centre immediately, where I will be provided with further information regarding the detection of HIV infection.
- 3) I have been instructed that, **as a carrier of HIV**, I must not engage in activities in which I would endanger the health of other individuals due to my carrier status; **I cannot be a donor of blood, tissues or organs; I have an obligation to** inform the doctor before examination or treatment and on admission to an inpatient care provider about my carrier status. Also, I should inform my sexual partner about my HIV positivity.
- 4) I have been instructed in the basic principles and ways of conduct related to the detection of HIV and the prevention of its further spread and I understand the instructions.
- 5) The obligations of HIV-positive persons stem from Act No. 258/2000 Coll.; non-compliance with them can be dealt with following the Criminal Code.

.....  
(signature of the informed person)

Informing doctor

.....  
(name and surname of informing doctor)

.....  
(signature of informing doctor)

.....  
(office of informing doctor)

.....  
(possible reason for the refusal to sign)

## **Information for a person infected with HIV and for parents or legal guardians of an HIV-infected minor**

You are a carrier of the human immunodeficiency virus (HIV). It is a condition that is treatable, although currently not completely curable. An infected person can live for many years without any signs of illness, that is, they can be completely healthy, but they can infect their partner during sexual intercourse. They can transmit the virus to another person via their blood if their blood is in contact with another person's open injury or if they donate blood. An infected mother can infect her baby during pregnancy or childbirth.

The treatment that will be prescribed to you can significantly influence the course of the infection and prevent various health complications. If you adhere to the treatment, there is a chance for you to live to old age and to significantly reduce your infectiousness at the same time. On the other hand, failure to adhere to the treatment can lead to a serious disorder of your body's defences (this condition is called AIDS) and can also result in an increase in your infectiousness.

Your doctor will advise you on reliable sources of information outlining what life with HIV entails.

At the same time, please pay attention to the legal obligations that apply to you as a carrier of HIV:

Section 53 of the Public Health Protection Act (Act No. 258/2000 Coll.) imposes on HIV carriers the obligation to:

- a) undergo treatment, medical supervision, the necessary laboratory examination, and other anti-epidemic measures; the obligation to undergo treatment does not apply to a person after an infection caused by the human immunodeficiency virus in a state of severe illness (medical supervision means regular visits to one of the HIV centres of your choice at times agreed with your doctor),
- b) follow their doctor's instructions on the protection of other persons from the transmission of the infectious disease of which they are carriers,

**You can reduce the risk of HIV transmission by:**

- **undergoing treatment and strictly adhering to it and by practicing what is called safer sex: you must avoid ejaculating semen into your partner's mouth and must always use a condom during vaginal or anal sex. We recommend using a condom even if you reach an undetectable viral load (the amount of the virus in your blood) to prevent contracting a sexually transmitted disease that may adversely affect your health (in this context, always use a condom even during oral sex without ejaculation). All sexual practices involving blood must be avoided. Kissing is not risky provided it is not accompanied by biting or intense sucking. Remember that condoms must be used even if your partner is also HIV positive, as each additional infectious dose of the virus worsens the course of the disease.**
  - **if you are an injecting drug user, you must not share a needle, syringe or drug solution with any other person.**
- c) not to perform activities in which they would endanger the health of other persons due to their being a carrier,

**As a HIV carrier, you must not become a donor of blood, tissues or organs. During normal social contact, there is no risk of HIV transmission, and therefore your status does not prevent you from performing most activities or professions. Certain restrictions are enshrined in legislation governing service in the armed forces.**

d) inform the doctor about their being a carrier before any examination or treatment and upon admission to an inpatient care provider; if unconscious, the carrier must do so as soon as their condition permits so,

e) communicate their carrier status to the health service provider in the field of general practical medicine that prepares an assessment before concluding a contract for the provision of residential services in social services facilities according to a specific legal regulation,

f) tell the registering health service provider in the field of general practice or practice for children and adolescents, their personal data (name, surname, date of birth, place of permanent and temporary residence), employment data, and changes in these data.

Please also keep in mind that anyone who, due to negligence, causes or increases the risk of spreading a contagious disease (including HIV) in humans may be committing a crime (Sections 152 and 153 of Act No. 40/2009 Coll., Criminal Code).

**In your own interest, in order not to worsen the course of the disease for yourself and/or infect another person, you should follow the principles below:**

- **In case of any health problems**, even if seemingly insignificant, such as recurrent respiratory problems, especially prolonged cough, weight loss, swollen lymph nodes, any rash, etc. contact an HIV/AIDS specialist immediately.
- Because you are at risk of the consequences of any infection, you should actively seek protection from close contact with people with an infection.
- You should maintain **personal hygiene**, have your own toothbrush, razor, towel, etc., which you must not lend to anyone. In case any object is stained with your blood, e.g. during an injury, you must ensure these objects be disinfected (with a virucidal disinfectant).
- You should persuade your sexual partner(s) to also get tested for HIV. It will allow them to protect not only themselves but also others; you will also give them the chance to start getting treatment soon enough, thereby significantly slowing down the course of the disease. If you do not want to tell your partner about your HIV positivity, you can ask your HIV centre doctor to do so for you.
- You should keep to the **principles of healthy nutrition**, especially when it comes to a biologically valuable diet. It is recommended to exclude raw or under-cooked meat from the diet (a source of various microorganisms that can lead to serious complications in people infected with HIV). You must lead a proper lifestyle and avoid smoking.
- You may seek advice on resolving any problems you may have from NGOs working in the HIV/AIDS domain.

I declare that I have been acquainted with these instructions and have understood them.

Date:

Name and surname:

Signature:

**If necessary, you can also contact the doctors of the other HIV centres listed below:**

1. HIV Centre Bulovka Hospital, Department of Infectious, Tropical and Parasitic Diseases, Budínova 2, Prague 8, telephone: +420 266 082 629 or +420 266 082 772.  
(HIV Centrum Nemocnice na Bulovce, Klinika infekčních, tropických a parazitárních nemocí, Budínova 2, Praha 8, tel.: 266 082 629 nebo 266 082 772)
2. HIV Centre České Budějovice, Hospital, B. Němcové 54, České Budějovice, telephone: +420 387 874 465 or +420 387 874 656.  
(HIV Centrum České Budějovice, Infekční oddělení Nemocnice České Budějovice, a. s., B. Němcové 54, České Budějovice, tel.: 387 874 465 nebo 387 874 656)
3. HIV Centre Pilsen, Department of Infectious Diseases, University Hospital, Dr. Beneše 13, Plzeň, telephone: +420 377 402 264.  
(HIV Centrum Plzeň, Klinika infekčních nemocí a cestovní medicíny FN Plzeň, Dr. Beneše 13, Plzeň, tel.: 377 402 264)
4. HIV Centre Ústí n. L., Masaryk Hospital, Ústí n. L., telephone: +420 477 112 609.  
(HIV Centrum Ústí nad Labem, Infekční oddělení Masarykovy nemocnice Ústí nad Labem, Na Kabátě 285, Ústí nad Labem, tel.: 477 112 609 nebo 477 112 621)
5. HIV Centre Hradec Králové, Department of Infectious Diseases, University Hospital, Hradec Králové, telephone: +420 495 832 220 or +420 495 833 773.  
(HIV Centrum Hradec Králové, Klinika infekčních nemocí FN Hradec Králové, Sokolská 581, Hradec Králové, tel.: 495 832 220 nebo 495 833 773)
6. HIV Centre Brno, Bohunice University Hospital, Jihlavská 20, Brno, telephone: +420 532 232 267.  
(HIV Centrum Brno, Klinika infekčních chorob FN Brno a LF Masarykovy univerzity, Jihlavská 20, Brno, tel.: 532 232 267)
7. HIV Centre Ostrava, FNsP Ostrava, 17 November 1790, Ostrava-Poruba, telephone: +420 597 374 272, +420 597 374 281.  
(HIV Centrum Ostrava, Klinika infekčního lékařství FN Ostrava a LF Ostravské univerzity, 17. listopadu 1790, Ostrava - Poruba, tel.: 597 374 272 nebo 597 374 281)
8. HIV Centre of the Central Military Hospital, Department of Infectious Diseases 1. LF UK and ÚVN, U Vojenské nemocnice 1200, Prague 6, telephone: +420 973 208 255.  
(HIV Centrum Ústřední vojenské nemocnice, Klinika infekčních nemocí 1. LF UK a ÚVN, U Vojenské nemocnice 1200, Praha 6, tel.: 973 208 255)