

Familiarization with the result of an anti-HIV antibody test

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

.....
birth number

I HEREBY CERTIFY THAT:

1) I have been informed today of the **positive** result of my anti-HIV antibodies test, taken on

2) I have been advised of the need to visit a specialist clinical centre without delay for further information relating to the finding of HIV infection.

3) I have been advised that I may be a **source of infection to others**. The virus is transmitted:

- by blood
- sexual intercourse
- from mother to child during pregnancy, childbirth and breastfeeding

These instructions are to inform you that:

- **you must not donate blood**, semen, breast milk, organs and tissues
- **you must not share with anyone** needles, syringes, drug solution or other equipment used for the preparation and intravenous use of drugs
- **you must not share with anyone** bloody objects, such as tattoo or piercing tools, manicure, pedicure, shaving and teeth cleaning equipment
- in the case of **staining objects with your blood** (e.g. from wounds, nosebleeds or menstruation) you must ensure they are safely disposed of, boiled or decontaminated
- you must follow the principles of **safer sex** that reduce the risk of spreading sexually communicable diseases
- **you have an obligation** to inform the doctor before an examination or treatment and on admission to an inpatient care provider about your carrier status

I have been instructed in the basic principles and behavior related to detecting HIV infection and preventing its further spread, and I have understood the instructions.

If your behavior has intentionally or negligently caused the spread of a contagious disease or increased the risk of spread, you are exposing yourself to **the risk of criminal prosecution** under Act No. 40/2009 Coll., the Criminal Code (Section 152 Spreading of contagious human diseases, Section 153 Spreading of contagious human diseases due to negligence).

First name and surname:

Signature:

Date:

Instructions given by

Signature:

Date:

Possible reason for refusal to sign:

Information for person infected with human immunodeficiency virus (HIV)

You have been found to be infected with a virus that can cause a serious disorder of the immune system called AIDS. A person infected with HIV can be **source of infection to others**. The virus is transmitted by:

- blood
- sexual intercourse
- from mother to child during pregnancy, childbirth and breastfeeding

This notice is to inform you that:

- **you must not be donate blood**, semen, breast milk, organs and tissues
- **you must not share with anyone** needles, syringes, drug solution or other equipment used for the preparation and intravenous use of drugs
- **you must not share with anyone** bloody objects, such as tattoo or piercing tools, manicure, pedicure, shaving and teeth cleaning equipment
- in the case of **staining objects with your blood** (e.g. from wounds, bleeding from the nose or menstruation) you must ensure they are safely disposed of, boiled or decontaminated
- you must follow the principles of **safer sex** that reduce the risk of spreading sexually communicable diseases, in particular:
 - **use a condom** during vaginal and anal intercourse
 - use a condom even during oral sex, as the transmission of bacterial STIs is just as risky as anal or vaginal sex
 - use a lubricant (water or silicone based, not oil based)
 - avoid ejaculating semen into the mouth during oral sex
 - protect yourself and your partner from contact with bleeding gums, sores or cracks in the mouth, genitals or rectum
 - avoid bloody sexual practices that cause injury to the skin and mucous membranes
 - do not engage in sexual activities under the influence of alcohol or drugs
 - try to build a lasting partner relationship and do not change sexual partners

Regular use of antiviral drugs and reaching a state where the virus is not detectable in the blood leads to a significant reduction in infectivity. A person infected with HIV may only practice **unprotected sexual intercourse (without a condom)** on condition that he or she has been on effective antiviral treatment for at least six months with a recently repeated dispensary examination (at least twice in the last 6 to 12 months) documenting the undetectable presence of the virus in the blood and carried out by an HIV centre doctor. If you decide to do this, it must be in a monogamous relationship and with the partner's knowledge. **Compliance** with the above listed **principles of safer sex** (including regular condom use), however, is beneficial for all HIV-positive people and their partners. It reduces the risk of transmission of HIV or other sexually transmitted diseases to other persons and the risk of infecting oneself (e.g., drug-resistant HIV or hepatitis virus).

If your behavior has intentionally or negligently caused the spread of a contagious disease or increased the risk of spread, you are exposing yourself to the **risk of criminal prosecution** under Act No. 40/2009 Coll., the Criminal Code (Section 152 Spreading of contagious human diseases, Section 153 Spreading of contagious human diseases due to negligence).

You should ask **your sexual partner** - your partner(s) to take an **HIV test**. This will prevent possible further spread of the disease and allow infected persons to begin treatment early. If you do not wish to inform your sexual partners that you are HIV positive, please provide the HIV centre doctor or the epidemiologist at the regional health station with their contact details and we will contact them ourselves without disclosing any information about you as the source of this information.

HIV transmission does not occur through normal contact in the home, workplace or around classmates. You can share without restrictions a kitchen, bathroom, toilet, mass catering and accommodation facilities, swimming pool, etc., with other persons. HIV infection itself is not a reason for any restriction on work - **you can work in any profession unless** prevented by other medical conditions or prescribed measures of a public health authority.

You have the **right to receive the healthcare you need** in all medical areas, including dentistry, under normal conditions and in full. Health workers are **obliged to maintain confidentiality about your health condition as prescribed by law**. Information about being HIV positive is not shared with the employer, school or staff of social or residential services.

Act No. 258/2000 Coll., on the protection of public health, as amended, imposes on you in Section 53 the following:

(1) Individuals following infection caused by the human immunodeficiency virus, if they or their legal representatives have been informed of this fact by the doctor, are obliged to:

- a) **undergo treatment**, medical supervision, the necessary laboratory tests and other anti-epidemic measures; the obligation to undergo treatment does not apply to a person following infection caused by human immunodeficiency virus while suffering a severe disease,
- b) **comply with the doctor's instructions on the protection of other individuals** from transmission of the infectious disease of which they are a carrier,
- c) not engage in activities which, because of the possibility of transmission, would endanger the health of other persons,
- d) **inform the doctor before the examination or treatment** and on admission to institutional care of his/her carrier status; if the carrier is unconscious, he/she shall do so immediately as soon as his/her condition allows,
- e) **disclose his/her carrier status to a health service provider in the field of general practical medicine**, who prepares an assessment before concluding a contract for the provision of residential services in a social services facility under a special legal regulation,
- f) notify the registering health service provider in the field of general practical medicine or in the field of practical medicine for children and adolescents, and provide personal data (name, surname, date of birth, place of permanent and temporary residence), data about employment and changes to this data.

In conclusion, we wish to recommend that you attend in your own interest **regular check-ups at an HIV centre** (usually a doctor's visit every 3 months and blood tests every six months) and **take the recommended medication regularly**. Medical science can't completely eradicate HIV from the body yet. Early diagnosis, long-term use of antiviral drugs and regular health checks, however, will prevent the development of AIDS and allow you to live a happy and fulfilling life.

I have been instructed today about my HIV infection, how it can be spread and how to prevent its spread, and I have been provided with the additional information listed above. I understood the instructions and I had the opportunity to ask questions.

First name and surname: Signature:

Date:

Instructions given by: Signature:

Date:

Possible reason for refusal to sign:

List of specialized facilities for the treatment of HIV infection

- 1. Bulovka University Hospital**
Department of Infectious, Parasitic and Tropical Diseases
1., 2. and 3. Medical Faculty of Charles University
HIV Centre, Budínova 67/2, Prague 8, 180 81
Tel. 266 082 629, 266 082 772
- 2. Hospital České Budějovice, a.s.**
HIV Centre, Boženy Němcové 585/54, České Budějovice, 370 01
Tel. 387 874 656
- 3. University Hospital Pilsen**
Department of Infectious Diseases and Travel Medicine, HIV Centre,
Dr. Edvard Beneš 1128/13, Plzeň - Bory, 305 99
Tel. 377 402 546
- 4. Masaryk Hospital in Ústí nad Labem, o.z., Regional Health, a.s.**
Infectious Diseases Department, HIV Centre, Social Care 12A, Ústí nad Labem, 401 13
Tel. 477 112 625
- 5. University Hospital Hradec Králové**
Clinic of Infectious Diseases, HIV Centre, Sokolská 581, Hradec Králové, 500 05
Tel. 495 832 329, 495 832 531
- 6. University Hospital Brno**
Clinic of Infectious Diseases, HIV Centre, Jihlavská 20, Brno - Bohunice, 625 00
Tel. 532 232 017, 532 232 269
- 7. University Hospital Ostrava**
Department of Infectious Medicine, HIV Centre,
17. listopadu 1790/5, Ostrava Poruba, 708 52
Tel. 597 374 272
- 8. Central Military Hospital - Military University Hospital Prague**
Department of Infectious Diseases 1. LF UK and ÚVN, HIV centre of ÚVN,
U Vojenské hospital 1200, Prague 6, 169 02
Tel. 973 208 255
- 9. Regional Hospital Liberec, a.s.**
HIV Centre Infectious Diseases Department, Husova 10, Liberec, 460 63
Tel. 485 312 297