Plan for your health & safety

ABUSIVE RELATIONSHIPS
- Identify and locate safe areas/exits in your home
- If possible, have a phone accessible at all times - memorize emergency numbers/contact numbers
- Keep copies of important documents - Social Security card, birth certificate, insurance policies
- Keep record of abusive incidents
- Create a safety plan with your children - who to call, where to go, etc.
- Come up with a back-up safety plan in case your abuser discovers your plan.

HIV/AIDS
- Get tested/Know your status
- Seek out treatment options
- Contact your local HIV/AIDS program for resources
- Keep medication in a safe and secure place

COMMUNITY RESOURCES

LOCATE HIV TESTING SITES
http://hivtest.cdc.gov/

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Women & HIV

The number of HIV diagnoses among women has tripled since 1985, and unprotected sex with men is the most common way women acquire HIV.

WHAT DO I DO IF I’M BEING ABUSED?

You don’t deserve to be abused and there are people who care. Contact a domestic violence program in your community or call the National Domestic Violence Hotline at 1.800.799.7233 or www.thehotline.org

Domestic violence

1 in 4 women will be a victim of domestic violence in their lifetime. Power and control is at the center of domestic violence — the most dangerous time for victims is when they are leaving or have left the relationship.

RED FLAGS OF ABUSE

- Wants to move too quickly into the relationship
- Hits, slaps, punches, pushes, or uses threats
- Sabotages job or controls all the money
- Excessively jealous
- Uses your immigration status to keep you in the relationship
- Uses technology to track you, views your email and social media
- Controls your birth control and condoms
- Deceptive or overly charming
- Withholds medical treatment or medication
- Threatens to reveal your HIV status
- Criticizes, makes derogatory comments, or places blame

YOUR HEALTH IS IMPORTANT!

- Take time to get to know a potential partner
- Practice safe sex
- Understand state HIV disclosure laws
- Be aware of “red flags” in relationships
- Get tested for HIV — it’s safe and confidential
- Talk to your kids about safe, healthy relationships
- See a physician, get a complete exam once a year

WHEN TO GET TESTED

Women should get tested at least once a year.

This is especially important if...
- You have had unprotected sex with more than one partner
- Your partner is having sex with someone other than you
- You have been/are currently in an abusive relationship
- You have shared or are now sharing needles
- You have had/are having sex with someone who has HIV or a history of drug use
- You or your partner have been incarcerated
- You had a blood transfusion between 1978 and 1985

IF YOU’RE HAVING UNPROTECTED SEX YOU NEED TO BE TESTED MORE OFTEN

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