

MPOWER IS HERE TO SUPPORT YOU

TÁ MPOWER ANSEO LE CABHRÚ LEAT

The MPOWER team is available to help explain how to take the test, support you with your result, connect you for a confirmatory test if your result is reactive, and discuss your prevention options if your test result is negative.

Call: us on **083 019 1286** and ask for the self-test team (Mon - Fri 10am - 5pm)

Email: us at selftest@hivireland.ie (anytime)

Text: or Whatsapp us on **083 019 1286** (Mon -Sat 10am -10pm)

Zoom: Arrange a zoom call (call or email us and we'll set it up)



mpower.hivireland.ie

 /MPOWERprogramme

 @mpowerprogramme

MPOWER is an initiative of HIV Ireland and funded by the HSE

WE ARE HERE TO SUPPORT YOU

TÁIMID ANSEO LE CABHRÚ LEAT

College Supports // Tacaíochtaí Ollscoile
Student Counselling Service
01 896 1407
student-counselling@tcd.ie
tcd.ie/Student_Counselling

College Health Centre Sexual Health Clinic
01 896 1556
www.tcd.ie/collegehealth

TCDSU Welfare and Equality Officer
01 646 8437
welfare@tcdsu.org

External Supports // Tacaíochtaí Seachtracha
HIV Ireland
01 873 3799
info@hivireland.ie
<http://www.hivireland.ie>

St. James' GUIDE Clinic
(01) 416 2315
guideclinic.ie

Men's Aid 01-5543811 hello@mensaid.ie https://www.mensaid.ie/	Women's Aid 1800 341 900 info@womensaid.ie https://www.womensaid.ie/
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WHAT TO DO IF YOU HAVE A REACTIVE RESULT

CÉARD BA CHEART DUIT A DHÉANAMH MÁ TÁ TORADH FRITHGHNÍOMHACH AGAT?

Because of the possibility that a positive result from a single HIV test is a false positive, the result is described as 'reactive' rather than 'positive'. If you get a reactive result, it is possible that you have acquired HIV, but this needs to be confirmed at a clinic.

Get in touch with MPOWER

Their team is here to give you information on what happens next and to offer you support if you need it. They're available by phone, text, zoom or email. See the inner front page of this pamphlet for further details.

Organise a Confirmatory Test

The result you have received is not a confirmed HIV diagnosis. You need to confirm the result in a clinic - we can arrange this appointment for you.

Start Treatment - Stay Healthy

Effective treatment will keep you healthy and will prevent passing HIV on to anyone else. Treatment is free for everyone in Ireland.

Call, text or whatsapp MPOWER on **083 019 1286**
Email them at selftest@hivireland.ie
for **Zoom**, they're available Mon to Sat 9am -9pm

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THINGS YOU SHOULD KNOW

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U = U

Undetectable equals Untransmittable. People living with HIV that are on effective treatment have a normal life expectancy, and cannot pass on HIV to their sexual partners.

PrEP // Réamh-neamhchosaint próifilacsais

PrEP is a pill that is almost 100% effective at preventing HIV-negative people from acquiring HIV. PrEP is free in Ireland but must be accessed through an approved clinic.

PEP // Iar-neamhchosaint próifilacsais

If you don't use condoms or the condom breaks, consider PEP. PEP is a 28-day course of HIV medicines. You should ideally start it within 24 hours, and definitely within 72 hours of unprotected sex. You can get it from public sexual health clinics when they're open, or you can get a PEP starter pack from some hospital emergency departments (at a cost!) when the clinics are closed.

Condoms // Coiscíní

Condoms are really effective at preventing HIV and they're your best bet at preventing other STIs. TCDSU provides free lube and condom. **Pop into House 6 or any of the dispensers across campus.**

Want help with prevention options?

Do you want to start taking PrEP? Order condoms and lube? Get in touch with the MPOWER Team - they'll get you sorted.

HIV: KNOW THE FACTS VEID: BÍ AR AN EOLAS FAOI

HIV is a chronic condition that affects the body's immune system. It requires treatment and management for life.

You can have HIV and **not have any symptoms**. The only way to know if you have HIV is **via testing**. If you are sexually active, **go for a regular sexual health check-up**.

HIV Transmission

HIV is found in:

Blood	Vaginal Fluid
Semen	Breast Milk
Rectal Secretions	

Having another STI can increase the chances of acquiring or transmitting HIV (if not on effective HIV treatment).

HIV Cannot be transmitted by:

Hugging, Kissing or holding hands; toilet seats; sweat; sharing cutlery, plates, cups; sharing a bath/swimming pool; mosquito bites; animal bites; working/going to school together.

You can get HIV through:

- Having vaginal or anal sex without a condom with someone who is **HIV positive and is not on effective HIV treatment**.
- Performing oral sex without a condom on someone who is HIV positive and is not on effective HIV treatment. **However, oral sex presents a very low risk of transmission.**
- Sharing needles or drug injecting/ using equipment with someone who has **HIV and is not on effective treatment**
- Contaminated blood products (very unlikely in Ireland as blood donations are checked)
- Mother to baby: during pregnancy, childbirth or breastfeeding where the mother is **HIV positive and is not on effective HIV treatment**.



HIV SELF-TESTING KIT FEARAS FÉINTASTÁLA VEID

You can find instructions for using this HIV Self-Testing Kit contained within the included BioSURE Self Test Kit.

You can find a video outlining the process at:
bit.ly/tcdsukit

In Partnership with:

