

## DHD#10 SUPPORTS NATIONAL HIV TESTING DAY AND OFFERS FREE CONDOMS

June 25, 2021 – In Michigan, Sexually Transmitted Diseases (STDs) are on the rise, and Human Immunodeficient Virus (HIV) continues to circulate and be a risk to those within District Health Department #10 (DHD#10) jurisdiction.

According to the [Centers for Disease Control and Prevention \(CDC\)](#) in 2018:

- 18,900 Michiganders were living with HIV.
- There were 700 new HIV infection cases in Michigan.
- 16% of Michiganders living with HIV were unaware that they had it.

HIV is a virus that attacks the body's immune system and is passed through sexual contact or by sharing drug injecting equipment. "People with multiple sexual partners, those who think they may have been exposed to HIV, those who've had unprotected sex with a partner whose health status was unknown, or anyone who has symptoms of HIV should make it a priority to be tested," said George Davis-Williams, Clinical Supervisor at DHD#10. "Cases in Northern Michigan have increased in recent years," he added.

There is currently no cure for HIV, once an individual contracts it, they have it for life. However, with early detection and proper medical care, HIV can be controlled, and people can live long, healthy lives. STDs, such as HIV, do not always cause symptoms or may only cause mild symptoms, so it is possible to have an infection and not know it. That is why it is important to always use protection like condoms to help prevent STDs and get tested if you are sexually active. The sooner you get tested, the sooner you can take action to protect your health as well as the health of your partner(s). "If you think you've been exposed to an STD or have an STD, don't panic, make an appointment to get tested right away, and hold off on all sexual activity until you've been tested," said Davis-Williams.

In recognition of 'National HIV Testing Day', June 27<sup>th</sup>, DHD#10 would like to encourage residents to get tested for HIV as part of routine testing to know their status. HIV and other STD testing is available at DHD#10 at low or even no cost through their reproductive health clinics, serving people of all ages.

In conjunction with HIV Testing Day, and in support of preventing all STDs, DHD#10 provides free condoms available by mail in an effort to reduce access barriers. To participate, please visit our website at [www.dhd10.org/mail-order-condoms](http://www.dhd10.org/mail-order-condoms), complete the confidential order form, and we will mail a free package of 10 condoms, lubricant, and sexual health and STD testing information in an unmarked envelope. There is no limit on requesting additional packages. If you have questions or to request the form electronically, please contact [condoms@dhd10.org](mailto:condoms@dhd10.org).

DHD#10 strives to empower people of all ages and genders to take control of their sexual health. Education services, birth control methods, counseling on fertility awareness, referrals for sterilization, STD testing and treatment, HIV testing and physical exams, including Pap Smears are available. DHD#10 services are confidential,



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### COUNTIES SERVED:

Crawford  
Kalkaska  
Lake  
Manistee  
Mason  
Mecosta  
Missaukee  
Newaygo  
Oceana  
Wexford



[www.dhd10.org](http://www.dhd10.org)



[www.facebook.com/DHD10](http://www.facebook.com/DHD10)

LGBTQ friendly, and available on a sliding fee scale basis; no one will ever be denied service due to inability to pay.

Learn more about DHD#10's [sexual health services](#) and call to schedule an appointment at 888-217-3904, option #2; late clinic appointments are available.

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