

DISCLOSURE IS PREVENTION

I Chose to Disclose
because, disclosure is not
for the benefit of others,
but for yourself.

CYNARA - Diagnosed 1993



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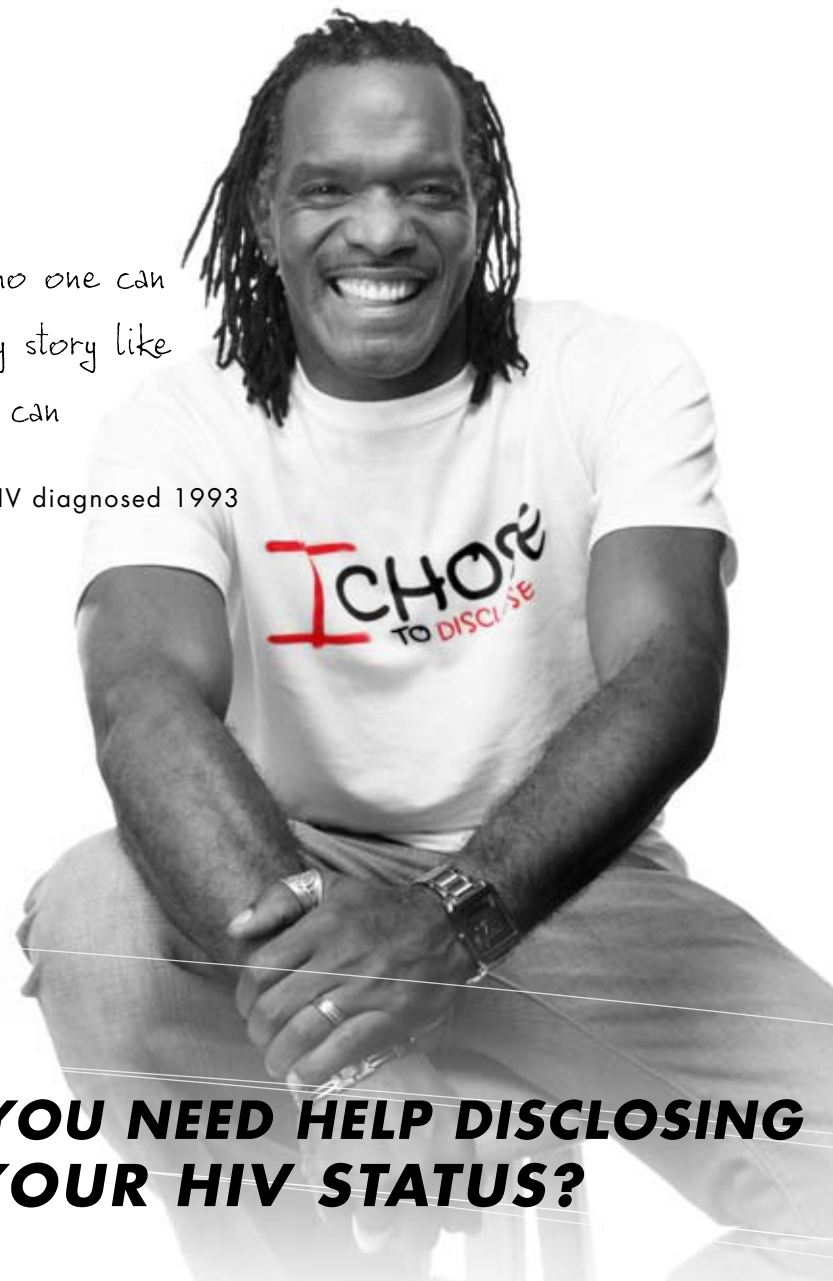


Sponsored by the
Alameda County Public Health Department
Office of AIDS Administration
1000 Broadway, Suite 310
Oakland, CA 94607
For more information on
HIV Disclosure Assistance
phone 510-268-7630 fax 510.238.7631
(website) www.officeofaids.org
(email) HIVinfo@acgov.org

I CHOSE
TO DISCLOSE

Because no one can
tell my story like
I can

JESSE - HIV diagnosed 1993



**DO YOU NEED HELP DISCLOSING
YOUR HIV STATUS?**

WE CAN HELP YOU



I Chose to Disclose because, I want others to know that your life can go on,

ENEDINA - diagnosed 2001

Whatever word you use to describe someone you have sex with (partners, booty calls, boyfriend, wife, friends with benefits, fuck buddies, trade, hook-ups, tricks etc.) if you are HIV positive and you have had unprotected anal or vaginal sex or shared needles you may have unknowingly exposed them to the HIV virus.

HOW WE CAN HELP YOU

A professionally trained Disclosure Counselor will:

- Respect and protect your privacy
- listen to your concerns about talking to your partner(s) sexual or needle sharing,
- completely explain the disclosure process and options, and
- help you to make an informed decision concerning your disclosure options.

YOU CAN CHOOSE TO DO IT YOURSELF

The Disclosure Counselor will prepare you by helping you weigh the benefits or challenges to disclosing. The counselor can also provide support and information on referrals for testing, care and other services that you or your partner may need.

YOU CAN CHOOSE FOR US TO DO IT WITH YOU

The Counselor will be present with you as you inform your partner, and answer any questions and concerns your partner may have.

YOU CAN CHOOSE FOR US TO DO IT FOR YOU

You provide contact information for your partner(s) and we'll arrange for a Field Counselor from the County's Public Health Department to confidentially and discretely locate and inform your partner(s) of their possible exposure, without saying anything about you.

INSPOT

(www.inspot.org) is another disclosure option - You send a completely anonymous email to your partner(s) informing them of their possible exposure and encouraging them to get tested.



I Chose to Disclose because, I want to be loved for me

ERIC - diagnosed 1994

Whichever disclosure option you chose, a Disclosure Counselor will work with you to inform as many partners as you identify in any combination of disclosure options available to you. The services are always completely voluntary, confidential and the Disclosure Counselor will not try to force or guilt you into disclosing any of your partner's information.



YOU MAY CHOOSE NOT TO DISCLOSE

You may choose not to tell your partners right now as you deal with your own feelings around your HIV status, or as you assess the risks to yourself. Disclosure Assistance is available when you choose to access it.

The Mission Of The I Chose Campaign Is:

To empower you with support and information so you can make an informed decision on disclosing or not disclosing your HIV status, and to connect your partners to testing and care when necessary.