

# North Island HIV

## Having HIV raises many questions:

- ◆ What is HIV?
- ◆ What can I do about it?
- ◆ Will treatment work for me?
- ◆ How do I prevent my family and friends from getting HIV?
- ◆ Is it safe to have sex?
- ◆ Are there any community supports?
- ◆ Where can I get more information?
- ◆ How can I live a long and healthy life with HIV?

## What is the North Island HIV Services?

We are a team of health care professionals working in association with your family physician/nurse practitioner and HIV specialist. We provide an integrated service of prevention, education, treatment and support related to HIV.



# Services

What services are available?

- ◆ HIV assessment
- ◆ HIV education
- ◆ HIV treatment planning and support
- ◆ Access to AVI Positive Wellness Counsellor
- ◆ Harm Reduction Services
- ◆ Up-to-date information on the care of HIV
- ◆ Understanding lab work
- ◆ Management treatment of side effects
- ◆ Access to nutrition information
- ◆ Access to Mental Health and Addiction Services Clinician
- ◆ HIV education and support for family and friends
- ◆ HIV information for health care providers and community agencies

## How to reach us:

### Positive Wellness North Island HIV Services

Phone: (250) 286-7152

Fax: (250) 286-7103

Located at the:  
North Island Hospital  
-Campbell River Campus-  
Wellness Centre  
375 Second Avenue

Satellite services in Comox Valley  
and Mt Waddington

### AIDS Vancouver Island (AVI)

Toll Free: 1-800-665-2437

Courtenay/Comox  
(250) 338-7400

Toll Free: 1-877-311-7400

Campbell River  
(250) 830-0787

Mt Waddington  
(250) 902-2238

How can I live a long and  
healthy life with HIV?

- ◆ Seek support – talk to someone
- ◆ Seek out information on HIV
- ◆ Consider early treatment – see your physician/nurse practitioner
- ◆ Update vaccines
- ◆ Get an annual flu vaccination
- ◆ Find out how to eat a healthy diet
- ◆ Exercise regularly
- ◆ Get enough sleep
- ◆ Check all your medications, including herbs and vitamins, with a pharmacist
- ◆ Practice safe sex
- ◆ Take care of your emotions
- ◆ Internet resources:  
[www.avi.org](http://www.avi.org)  
[www.catie.ca](http://www.catie.ca)



## Positive Wellness North Island

### North Island HIV Services

*Blood Borne Pathogens  
Education, Treatment and  
Prevention Program*

This service is available to  
residents of Northern  
Vancouver Island

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