

## ASK FOR HELP

**Do you wish to move to Estonia or live here permanently?**

Seek advice from migration advisors.

☎ 612 3500

✉ migrationadvice@politsei.ee

📄 EstonianPolice\_MigrationAdvice

**Have you just arrived in Estonia?  
Want to know how things work in Estonia  
and where to start?**

Seek advice from the International House of Estonia.

☎ +372 627 9701

✉ ihe@workinestonia.com

🌐 [workinestonia.com/internationalhouse/](http://workinestonia.com/internationalhouse/)

**Would you like to settle in and integrate into Estonia  
more easily?**

Participate in the Settle in Estonia Programme.  
Select the appropriate module on the website and register.

✉ info@settleinestonia.ee

🌐 [www.settleinestonia.ee](http://www.settleinestonia.ee)

**Would you like to work in Estonia?**

Seek advice from a consultant of the Estonian  
Unemployment Insurance Fund.

☎ 6696513

✉ info@tootukassa.ee

🌐 [www.tootukassa.ee/eng](http://www.tootukassa.ee/eng)

## CONTACT US

🌐 [ehpv.ee](http://ehpv.ee)

☎ +372 5340 0530

✉ [ehpv@ehpv.ee](mailto:ehpv@ehpv.ee)

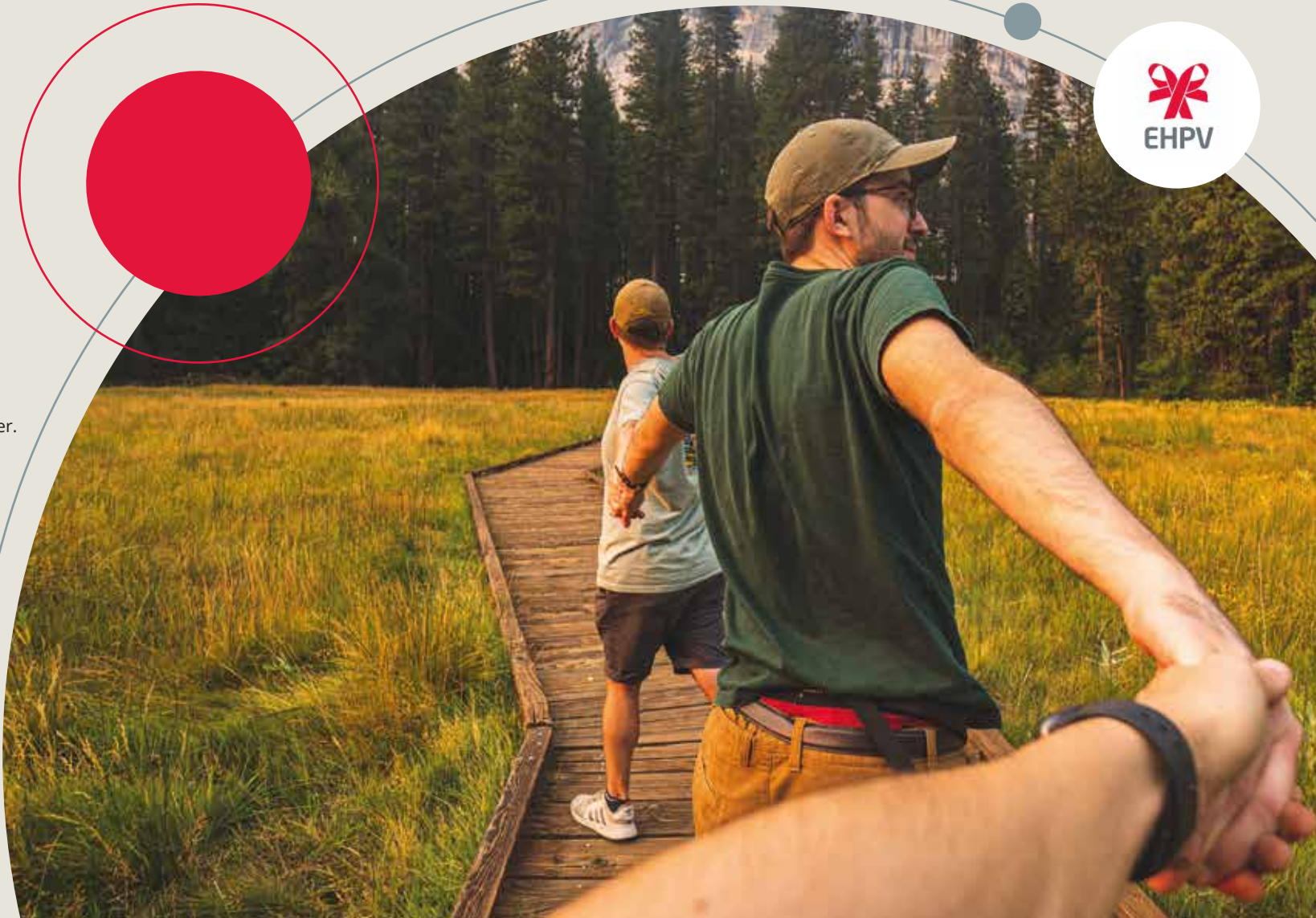


**Tervise  
Arengu  
Instituut**

# HIV

## LIVING WITH HIV IN ESTONIA

I RECENTLY ARRIVED TO ESTONIA AND  
MIGHT HAVE HIV. WHAT DO I DO?



## WHAT IS HIV?

**HIV, or human immunodeficiency virus**, is a virus that is classified as a retrovirus and increases a person's susceptibility to communicable diseases as well as tumours.

Living with HIV does not mean that the person is ill. HIV causes a chronic condition that can nonetheless be managed with proper medication. Without treatment, AIDS can develop in the final stages of HIV.

However, life with HIV can be long and fulfilling if you follow ART treatment and take care of your health and well-being.





## IF YOU SUSPECT THAT YOU HAVE HIV?



### 1. COME FOR A TEST

Testing is the only way to find out whether you are infected with HIV. The office is open to everyone, regardless of the existence of health insurance. Testing is anonymous and free. In case of infection, it is necessary to know personal data in order to refer the person to a doctor and further examine the health.

#### Lääne-Tallinna Keskhaigla Infectious Diseases Clinic

 Paldiski mnt 62  
 659 8551

#### SYNLAB Eesti OÜ

 Veerenni 53a (4th floor)  
 17 123

You can find HIV counseling and testing rooms located in other cities here: [www.hiv.ee/abikontaktid/hiv-noustamis-ja-testimiskabinetid/](http://www.hiv.ee/abikontaktid/hiv-noustamis-ja-testimiskabinetid/)

## IF YOU KNOW YOU HAVE HIV

### 2. START OR CONTINUE WITH ART TREATMENT

Do this as soon as possible. You cannot cure HIV with ART treatment, but you can inhibit its multiplication and prevent the infection from evolving. With ART treatment, you can keep your health in check and stop the virus from spreading and live a full life. ART treatment and medications are free of charge for Estonian residents, regardless of existing health insurance.

#### MAKE AN APPOINTMENT WITH THE INFECTIOUS DISEASE SPECIALIST

Make an appointment with an infectious disease specialist via phone here: [www.hiv.ee/abikontaktid/nakkushaiguste-arsti-vastuvott/](http://www.hiv.ee/abikontaktid/nakkushaiguste-arsti-vastuvott/) or ask for a referral from the HIV counselling and testing rooms while getting your test result.

#### WHAT TO BRING WITH YOU

When going to the infectious disease specialist's appointment, bring information about previous treatment from your country of origin with you (if you have received treatment before).

### 3. ASK FOR ADVICE AND HELP

Learning to live with HIV can be a daunting task and requires sufficient time and effort. You will not be able to deal with all the difficulties that you will face alone. In some situations, the experience and help of other people living with HIV (experience counselling) and support of experts (psychological or social counseling) are needed.

Contacts for psychological, social and experience counselling can be found here: [www.hiv.ee/elu-hivga/noustamis-ja-tugiteenused/](http://www.hiv.ee/elu-hivga/noustamis-ja-tugiteenused/)

For additional information, free psychological, social and legal assistance, free condoms and lubricants, free HIV/HCV rapid tests, PrEP, please contact: [ehpv.ee/services/?lang=en](http://ehpv.ee/services/?lang=en)