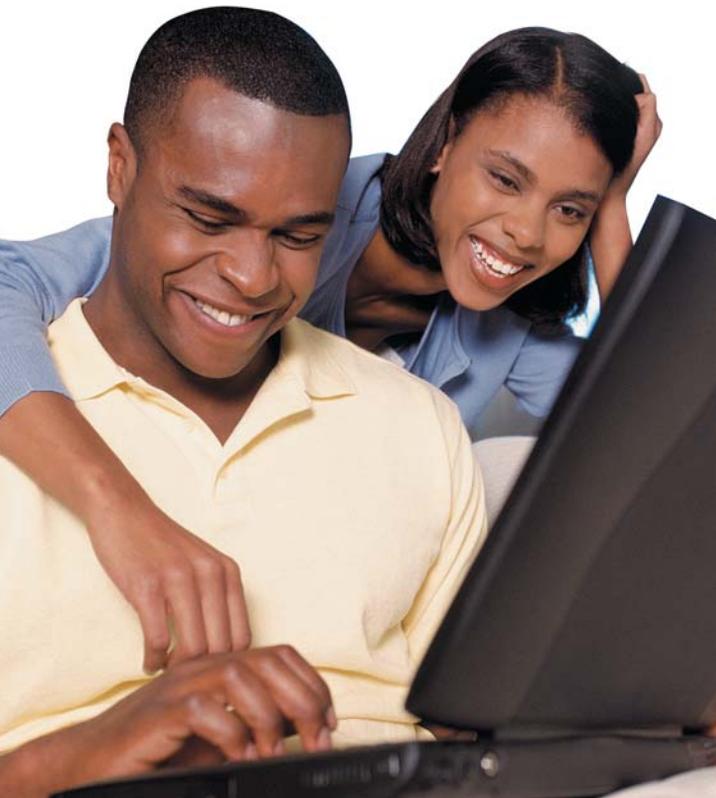


**If you have more questions about couples counseling, please come to Balekane ya Tshireletso (Partners in Prevention)**

Tshireletso Wellness Centre is behind Dr Gwala's Surgery, Stretford Extension 3, Orange Farm to discuss with a counselor the best way to encourage your partner to come in for couples counseling.

**Balekane ya Tshireletso (Partners in Prevention)**

Is a project of the Reproductive Health & HIV Research Unit of the University of the Witwatersrand. This project is approved by the Humarn Research Ethics Committee of the University of the Witwatersrand.



**Couples HIV counseling and testing services are available at:**

Tshireletso Wellness Centre  
Plot #7856, Stretford Ext. 3  
(behind Dr Gwala's surgery)  
Tel: (011) 850 7289/90

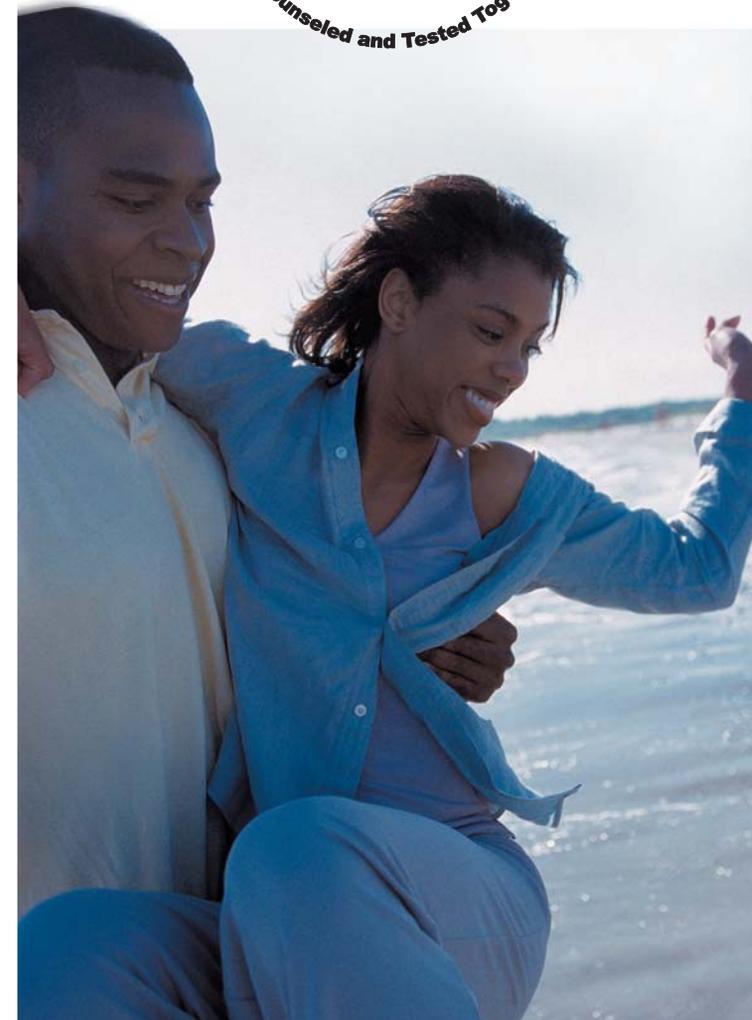
Dr Helga Kuhn Primary Health Care Clinic  
Palm Springs (near Eskom offices)  
Tel: (016) 581 0812

Wilbeesfontein Primary Health Care Clinic  
Lakeside  
Tel: (016) 593 3810

Levai Mbatha Community Health Centre  
Evaton  
Tel: (016) 591 9000



*Take Your Relationship to the Next Level*  
Tshireletso Ya Balekane  
*Get Counseled and Tested Together*



## We at Tshireletso Wellness Centre are encouraging couples to come in and get counseled and tested HIV together

If you are in a stable relationship, are planning on getting married or having children, or even if you are already married, you owe it to yourself, your partner and your children to know each other's HIV status.

### **Don't be fooled**

Even if you know your own HIV status, you cannot assume that your partner has the same status; discordant couples\* are very common.



\*discordant couples -  
(one partner is HIV positive and the other is negative)

Many couples are afraid to even bring up the subject of going for counseling and testing.

### **Here are a few tips on how to bring up the subject with your partner:**

- **Remind your partner that your children's future depends on it.**

Any couple considering having a baby should both be tested for HIV so that they can avoid transmitting HIV to the child during birth. If you already have children, you owe it to your family to remain healthy so you can take care of them.



- **Focus on the positive aspects of knowing each other's status.**

Let your partner know that if you find out early that you are HIV-positive, you can make lifestyle changes that allow you to live a long life. If you find out that you are HIV-negative, you can make sure you stay negative. Whatever the result - HIV-positive or HIV-negative - learning your status, and learning early, is the right choice.

- **Don't talk about past relationships.**

Many couples don't want to even talk about testing because they think it will lead to arguments about past relationships or affairs. Start the conversation by telling your partner that you don't want to discuss the past and that you want to test because anyone who has sex even once could have HIV. Focus on the future.

- **Remind your partner that just because you are negative does not mean your partner is also negative and vice versa.**

Most people don't know that it is very common for one partner to be HIV-negative and the other to be HIV-positive. Do not assume your partner has the same status as you. Get tested together and be sure.