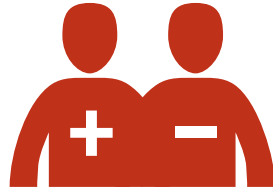


HIV Testing 101

Many HIV tests are now quick, FREE, and painless.

Should I Get Tested For HIV?

- Everyone ages 13 to 64 should get tested for HIV at least once.
- Some sexually active gay and bisexual men may benefit from more frequent testing (every 3 to 6 months).
- If you're pregnant or planning to get pregnant, get tested as early as possible to protect your baby.
- You should get tested at least once a year if:
 - You're a sexually active gay or bisexual man.
 - You've had sex with an HIV-positive partner.
 - You've had more than one partner since your last HIV test.
 - You've shared needles or works to inject drugs.
 - You've exchanged sex for drugs or money.
 - You have another sexually transmitted disease, hepatitis, or tuberculosis.
 - You've had sex with anyone who has done anything listed above or with someone whose sexual history you don't know.



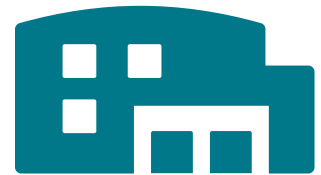
Where Can I Get Tested?



Ask your doctor for an HIV test, or find a testing site near you by

- visiting gettested.cdc.gov,
- texting your ZIP code to KNOW IT (566948), or
- calling 1-800-CDC-INFO (232-4636).

Many testing locations are FREE and confidential. You can also buy a home testing kit at a pharmacy or online. Most HIV tests are covered by health insurance.



What If My Test Result Is Negative?

- You could still have HIV. Ask your doctor about the “window period,” a period of time after a person is infected during which they won't test positive.
- To stay negative, take actions to prevent HIV. Visit www.cdc.gov/hiv/basics to learn more.



What If My Test Result Is Positive?

You may be given a follow-up test to confirm the result.

- Finding out you have HIV can be scary, but you can still live a healthy life if you take action.
- If you have HIV, start medical care right away. HIV treatment can keep you healthy for many years and reduce your chance of transmitting the virus to others. Learn more at www.cdc.gov/HIVTreatmentWorks.



For more information please visit www.cdc.gov/hiv