

Where Can I Get Tested?

Ask your health care provider or find a testing site near you by visiting [gettested.cdc.gov](https://www.gettested.cdc.gov) or calling **1-800-CDC-INFO (232-4636)**. Many testing locations are FREE and confidential. You can also buy an HIV self-test at a pharmacy or online. Most HIV tests are covered by health insurance.



What If My Test Result Is Positive?

You may be given a follow-up test to confirm the result. If you're diagnosed with HIV, start treatment right away.

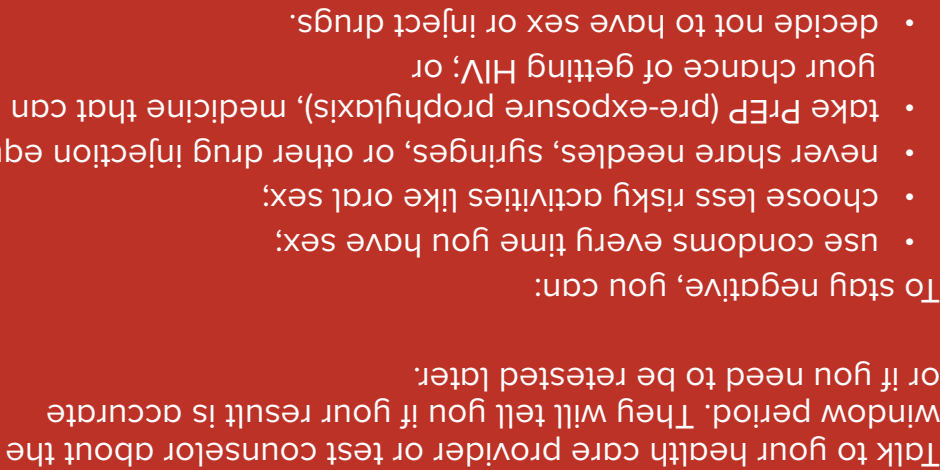
If you take HIV medicine as prescribed, your viral load—or the amount of HIV in your blood—can become so low that a test can't detect it. This is called being "undetectable." Getting and keeping an undetectable viral load can help you live a long and healthy life. It also means you have effectively no risk of transmitting HIV to a partner through sex. It's important to tell your partner that you have HIV. You and your partner can then consider using additional prevention options like condoms and PrEP and make decisions that are right for both of you.



- use condoms every time you have sex;
 - choose less risky activities like oral sex;
 - never share needles, syringes, or other drug injection equipment;
 - take PrEP (pre-exposure prophylaxis), medicine that can reduce your chance of getting HIV; or
 - decide not to have sex or inject drugs.
- To stay negative, you can:

Talk to your health care provider or test counselor about the window period. They will tell you if your result is accurate or if you need to be retested later.

You probably don't have HIV, but the accuracy of your result depends on the **window period**. This is the time between when you may have been exposed to HIV and when a test is able to show if you have the virus or not.



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Should I Get Tested?

- Everyone aged 13 to 64 should get tested for HIV at least once.
- You should get tested at least once a year if you continue to engage in any of the following behaviors:
 - You're a man who has had sex with another man.
 - You've had sex with a partner who has HIV.
 - You've had more than one partner since your last HIV test.
 - You've shared needles, syringes, or other equipment 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.
- Sexually active gay and bisexual men may benefit from testing every 3 to 6 months.
- If you're pregnant or planning to get pregnant, get tested as early as possible to protect yourself and your baby.

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For more information on testing visit [cdc.gov/hiv](https://www.cdc.gov/hiv).

HIV Tests

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

