

Where Can I Get Tested?

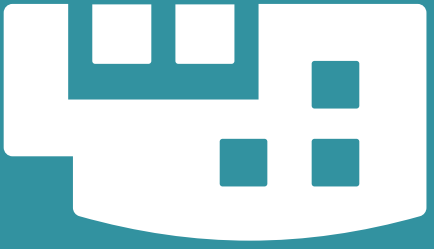
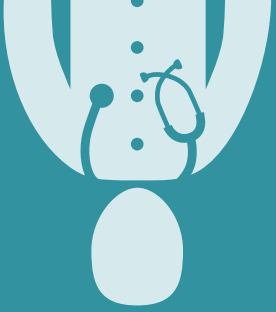
Most HIV tests are covered by health insurance.

an HIV self-test at a pharmacy or online.

Many testing locations are **FREE and confidential**. You can also buy

visiting www.gettested.cdc.gov or calling **1-800-CDC-INFO (232-4636)**.

Ask your health care provider or find a testing site near you by



What if My Test Result is Positive?

decisions that are right for both of you.

It's important to tell your partner that you have HIV. You and your partner can then consider using additional HIV prevention options like condoms and PrEP and make

means you will not transmit HIV to your sex partner.

Getting and keeping an undetectable viral load is the best way to stay healthy. It also

in your blood—can become so low that a test can't detect it (*undetectable viral load*).

If you take HIV treatment as prescribed, your viral load—the amount of HIV

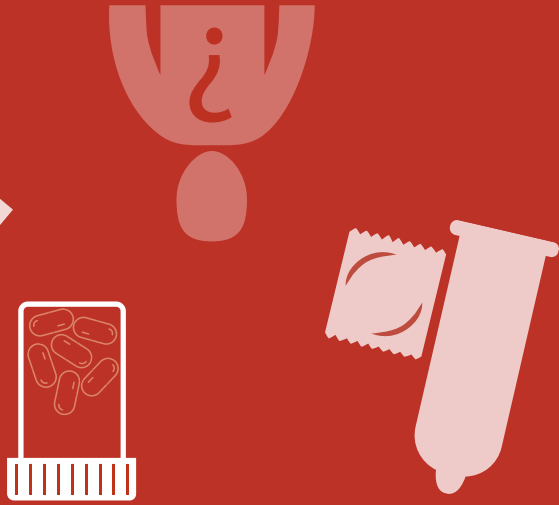
with HIV, **start treatment right away.**

You may need a **follow-up test** to confirm the result. If you're diagnosed



- 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
- decide not to have sex or inject drugs

You probably don't have HIV, but the accuracy of your result **depends on the window period**. This is the time between HIV exposure and when a test can detect HIV in your body. Talk to your health care provider. To stay negative, you can



HIV Tests

Many HIV tests are quick, FREE, and painless.



For more information on testing visit www.cdc.gov/hiv.

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're a **man who has had sex with another man**.
 - You've had sex with **someone 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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