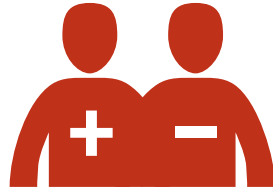


# HIV Testing 101

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.



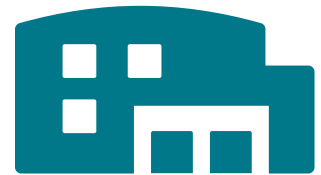
## Where Can I Get Tested?



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

- visiting [gettested.cdc.gov](http://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](http://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](http://www.cdc.gov/HIVTreatmentWorks).



For more information please visit [www.cdc.gov/hiv](http://www.cdc.gov/hiv)