

HIV: Getting tested is normal.

“Over 1 million get tested for HIV every year in England.”**

Living with HIV may not be how you imagine. Treatment and care is so advanced, if you are diagnosed with HIV and on effective treatment, you can live a normal life.

This means that:

- **You can** have children
- **You can** go to work
- **You can** socialise
- **You can** be active
- **You can** live as long a lifespan as someone without HIV
- And importantly **you can't** pass HIV on to others**

** Research has evidenced that people on effective HIV treatment whose virus is controlled cannot pass on HIV to others.

It's important to get tested early. The earlier you are diagnosed, the earlier you can make decisions about your treatment with the support of the HIV team. You don't even have to see anyone to get a test and it's free and confidential:

- **Order a test online to be posted to you at:**

- test.hiv
- letstalkaboutit.nhs.uk (you can also test for other STIs and get free condoms)

- **Order a test online and pick up at a Click and Collect point at:**

- test.tht.org.uk

- **Visit a sexual health clinic and many GP surgeries**

1 in 8 people living with HIV don't know that they have it. Take control over your health and get tested today.

Any questions? [Chat to us confidentially online.](#)

www.letstalkaboutit.nhs.uk

In 2016, 516235 men and 554462 women tested for HIV in England*

An average 3000 people per day get tested for HIV in England*

*Public Health England [2018]. Sexually transmitted infections and chlamydia screening in England: 2017. Health Protection Report: 2018138

**Rodger, A. J., Cambiano, V., Bruun, T., Vernazza, P., Collins, S., Van Lunzen, J., ... & Asboe, D. [2016]. Sexual activity without condoms and risk of HIV transmission in serodifferent couples when the HIV-positive partner is using suppressive antiretroviral therapy. *Jama*, 316(2), 171-181.