

Where Can I Get Tested?

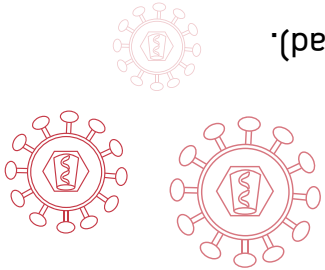
What if My Test Result is Positive?

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

If you take HIV treatment as prescribed, your viral load—the amount of HIV in your blood—can become so low that a test can't detect it (undetectable viral load).

Getting and keeping an undetectable viral load is the best way to stay healthy. It also means you will not transmit HIV to your sex partner.

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 decisions that are right for both of you.

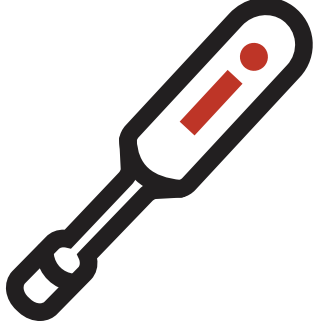


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Ask your health care provider or find a testing site near you by visiting www.gettested.cdc.gov or calling 1-800-CDC-INFO (232-4636).

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.



4

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.

1



Ending
the
HIV
Epidemic

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



Scan to learn more!

2



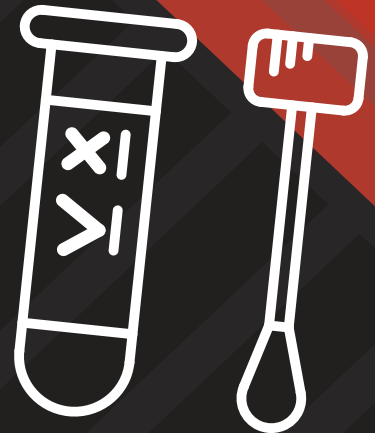
You probably don't have HIV, but the accuracy of your result depends on the *window period*. This is the time between HIV exposure and when a test can detect HIV in your body. Talk to your health care provider. To stay negative, you can

- 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

What if My Test Result is Negative?

HIV Tests

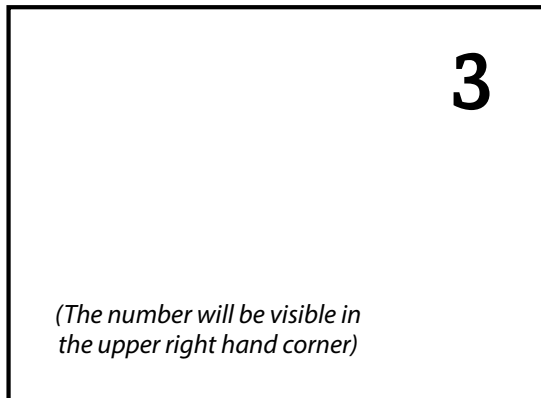
Many HIV tests are quick, **FREE**,
and painless.



How To Fold and Co-Brand the Pocket Guide

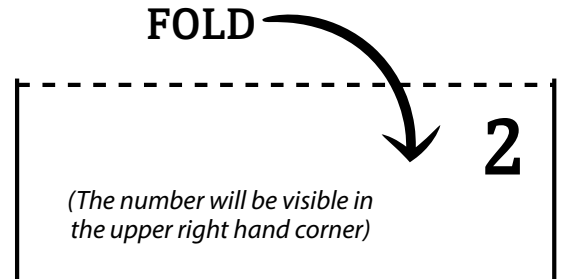
Begin by printing the brochure artwork (double sided).

1



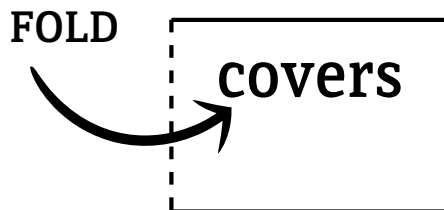
Panel 3 of the artwork should be facing the viewer.

2



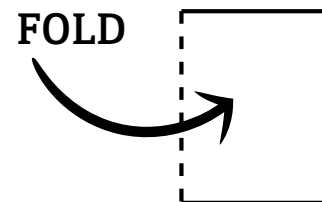
Fold paper in half (horizontally), **panel 2** should now be legible and right side up

3



Fold paper in half (vertically), the **front and back cover** should now be visible and legible

4



Fold paper in half (vertically), only the **front cover** should now be visible and legible

How to Co-Brand:

On the back cover of the pocket guide, there is a fillable PDF box that reads “**Local Information Here**”. In Adobe Acrobat, you can edit this box to add local contact information and/or resources. If you do not wish to co-brand, remove the “**Local Information Here**” text so it will not appear when printing.