

HIV test

In control of health

Start treatment in time

No HIV test

Become ill

End up in hospital

At least a quarter of HIV-positive gay men don't know they have HIV

If you know your HIV status, you can make informed decisions about your health, the sex you have and your future.

- **An HIV test won't change your HIV status, but it could help you to get on with your life**

If you are HIV-positive but don't test, you will have to deal with it eventually — probably when you become ill. If you become ill and then learn you have HIV, it will be more difficult to deal with.

- **An HIV test could give you the knowledge you need to stay healthy**

If you are diagnosed early you can start treatment before HIV seriously damages your immune system. This makes it more likely you'll live longer and enjoy better health.

- **An HIV test could help you to take care of your sexual partners**

About a third of gay men with HIV believe they were infected during sex with a regular partner. By knowing your HIV status, you are better informed to protect yourself and your partners.

Some clinics offer tests that can detect HIV one month after infection. Ask your clinic for details.

Know your HIV status

Find your nearest HIV testing clinic and more information at www.gmfa.org.uk/testing

Helplines: London Lesbian and Gay Switchboard, 020 7837 7324;
THT Direct, 0845 12 21 200