



**No HIV test**

**Don't know  
you're HIV+**

**Infect your  
partner**

**HIV test**

**Know your  
status**

**Protect your  
partner**

# 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](http://www.gmfa.org.uk/testing)

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