



## Top 10 Reasons to Get Tested for HIV Today

In the U.S. more than **1.1 MILLION** people have **HIV** and **more than 200,000 don't know it.**

### 1. You may be infected and not know it.

In the U.S., nearly 1 in 5 people who have HIV do not know that they are infected. People who have HIV can feel, look and act just as healthy as people who don't have HIV. The only way to know for sure is to be tested for HIV.

### 2. The CDC recommends that all adults be tested for HIV.

As part of its efforts to ensure that more people know their status and get tested for HIV, the CDC recommends routine HIV testing of all adults, adolescents, and pregnant women in health care settings in the U.S.

### 3. Being tested for HIV is quick and easy.

You can get tested with a rapid test that tests oral fluid or fingerstick blood, giving you accurate results in 20 minutes. Many hospitals and health clinics offer confidential HIV testing. Go to [www.hivtest.org](http://www.hivtest.org) to find a location near you.

### 4. If you test HIV negative, you can take steps to stay negative.

Getting tested for HIV is the only way to confirm if you are HIV negative. Knowing that you are HIV negative means that you are not infected and can take steps to stay that way! It is important to learn about ways to reduce or eliminate your risk of HIV infection in the future.

### 5. Knowing your status helps you make smarter decisions.

Knowing that you are HIV negative, you can take steps to protect yourself and minimize risks so you stay negative. If you learn that you are HIV positive you can seek treatment, stay healthy longer or improve your current health. You can also take steps to prevent passing it on to someone else.

### 6. Early treatment means a longer, healthier life.

If you are HIV positive, getting connected to care early can save your life. People with HIV and AIDS are living longer, healthier lives today, thanks to new and effective treatments. Getting tested and connected to a doctor or healthcare professional can help you get the treatment you need.

### 7. Knowing your status protects you and your partner.

By educating yourself against HIV and AIDS and taking an HIV test, you are doing the right thing to protect your health and the ones you love. If you are HIV positive, practicing safer sex techniques can save your partner's life. If you are negative, practicing safe sex techniques will help you both stay negative.

### 8. You may have been exposed to HIV without knowing it.

HIV is transmitted from person to person during activities, such as sex or needle sharing, where contact with blood, semen or vaginal fluids can occur. HIV can also be passed from an infected mother to her child through her breast milk during breast feeding.

### 9. If you are pregnant or are thinking of having a baby, getting tested for HIV is an important first step in preventing your child from getting HIV if you are HIV positive.

Screening for HIV can safeguard your reproductive health. If you are pregnant, learning your HIV status is critical. If you are HIV positive, special medical care and certain drugs given during pregnancy can lower the chance of passing HIV to your baby.

### 10. You'll be doing your part in the global fight against HIV.

Currently, more than 33 million people around the world are estimated to have HIV/AIDS, and many of them do not know they are infected, because they have never been tested. By getting tested for HIV and learning your status, you are doing your part in the global fight against HIV.



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