

If your test is negative, you can use an array of prevention tools and methods to stay HIV negative.



If your test is positive, you can take medicine to treat HIV to stay healthy and reduce the chance of transmitting HIV to others.



If you are a pregnant HIV-positive woman and are treated for HIV, the risk of transmitting HIV to the baby can be very low.



What to do after taking an HIV test

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HIV is treatable



#Test4HIV



You should not be tested for HIV without your consent.



You have the right to pre-test information before consenting to an HIV test.



The HIV test is confidential; only you can decide who should know your result.



You have the right to all health services irrespective of whether or not you take an HIV test and irrespective of the result.



In health facilities:

certain health care providers are encouraged to offer the test routinely to all clients. Say yes if they offer an HIV test to you; it's for your benefit.



In community organizations working with special groups:

these organizations are specialized for people who take risks that could expose them to HIV. If you know you are taking risks, ask one of these organizations for an HIV test or say yes if they offer it to you.



In a mobile HIV testing service:

there might be a mobile service operating in your area; if you see one, you can use it to be tested for HIV.



At home using a self-test:

these tests are for you to screen yourself and get a preliminary result at a place and time most convenient to you. If you use a self-test and test HIV negative, most likely you are HIV negative. If your result is positive, don't panic: go to the nearest health facility and ask for an HIV test to confirm your result.

Things to know

Where to test