

All about HIV video transcript

All about HIV: Being diagnosed with HIV today is very different from decades ago.

People living with HIV can have long, healthy lives.

HIV testing – it's free, easy, and totally confidential. Make it a part of your routine.

Consider having a HIV test if you have:

- Had a condom split during sex
- Had unprotected sex
- Changed partners
- Had sex frequently with new partners
- Been sharing a needle

Test as a baseline for your health. Many people don't have symptoms.

Sexually active lifestyle?

You should test every 3 months.

How to get a test:

- Order an at-home test online or confidentially at your local clinic.
- At-home testing is free and simple:
- Delivered in an unmarked package
- Take the test and post back in the pre-paid envelope
- You can also test for other STIs

At a sexual health clinic:

- Call for an appointment
- Your test will be given at the clinic
- Results available within 7-10 days
- You can also test for other STIs

Whichever you choose be responsible for your health and for your sexual partner.

Test, test, test!

Find out more about HIV and STIs online.

Visit berkshirehealthcare.nhs.uk/sh