

KNOWING YOUR HIV STATUS PUTS YOU IN CONTROL OF YOUR HEALTH.

105.2k

people were estimated to
be living with HIV in the
UK in 2019.

1 in 16

people living with HIV in
the UK do not know they
have the virus.

Thanks to the progression of effective treatment, people living with HIV can live long, healthy lives.

Successful treatment reduces the viral load (the amount of HIV in a person's body) to undetectable levels. With an undetectable level of HIV, you can't pass the virus on.

Knowing your status is the first step to starting treatment and the only way to know your status is to take a test.

#TAKECHARGE #TAKECHARGE #TAKECHARGE

For more information and advice around HIV testing, treatment and care, head to:
www.sexualhealthbucks.nhs.uk/advice/hiv

To find your nearest sexual health service and book a test, scan the QR code.



KNOW YOUR STATUS

Condoms and PrEP are simple and effective ways to take charge of your health and prevent HIV infection.

If you've been exposed to HIV in the past 72 hours, you can access PEP to prevent infection.

The earlier a diagnosis is made, the sooner treatment can be started to reduce the viral load to undetectable levels.

Take charge of your health by testing regularly for HIV. Tests are free, quick and easy.

ENJOY SAFER SEX

Just like other STIs, anyone can get HIV.

The reality is that stigma stops people from taking charge. Tackling stigma empowers people to enjoy safer sex, get tested and access treatment.

CHALLENGE STIGMA

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