

NAM

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If you would like to support our work and help us to continue to provide resources like this one, please donate today at www.aidsmap.com/donate

Thanks to all of the professionals and people with HIV who have helped us to develop this leaflet.

For more information on this topic

- Read our 'Myths and facts' leaflet.
- Read our 'Testing' leaflet.
- Read our 'Your next steps' booklet.

For information in other languages

- Visit www.aidsmap.com/languages

For more information about HIV

- Visit our website www.aidsmap.com
- Speak to an adviser at THT Direct **0808 802 1221**

Has this leaflet been useful to you?

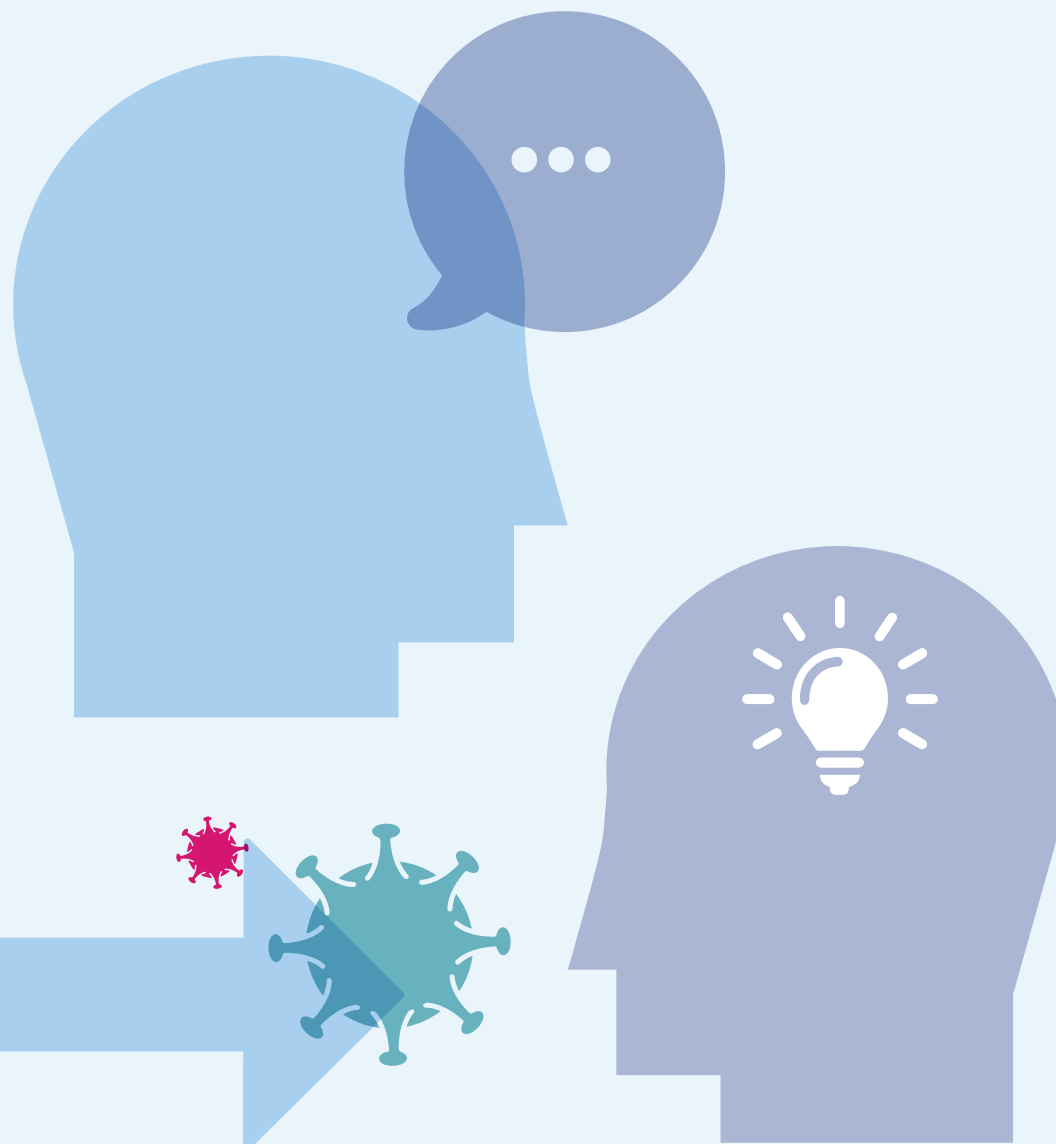
Please let us know what you think. Your feedback helps us to improve the services we offer.

You can contact us to find out more about the scientific research and information we have used to produce this leaflet.

We recommend that you discuss the information in this leaflet with a doctor or other health worker.

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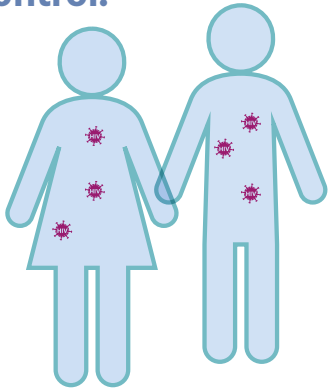
The basics Better off knowing



Print out double sided and fold along dotted line

The sooner you know you have HIV, the sooner you can get the medical care you need.
Finding out that you have HIV can be very hard. It will probably change your life forever.
But in terms of looking after your health, it's much better to know.

If you know you have HIV, you can take steps to get it under control.



With medical care, you will have a longer and healthier life.



The sooner you start to take HIV treatment, the sooner it can protect your immune system from damage.



Effective HIV treatment prevents HIV being passed on during sex.



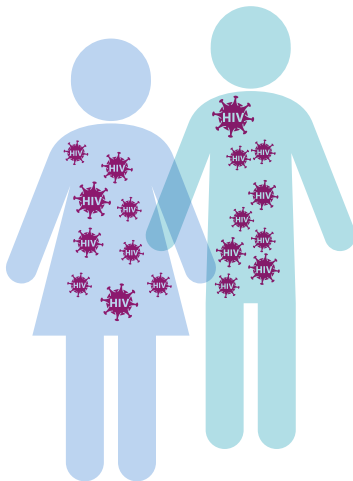
You can take other steps to prevent passing HIV on to sexual partners.



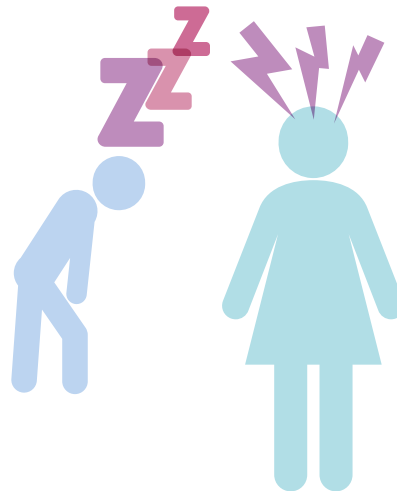
If you don't know you have HIV, it could get out of control and cause long-term damage.



Untreated HIV will shorten your life.



Untreated HIV will damage your immune system and make you ill.



You may pass HIV on to your sexual partner or your unborn child without realising it.



Important points

- The sooner HIV is diagnosed, the fewer health problems it will cause you.
- With the free medical care and treatment that is available in the UK, most people with HIV can live a long and healthy life.