

The sooner you know you have HIV, the sooner you can get the right medical care.



Finding out that you have HIV can be very hard.

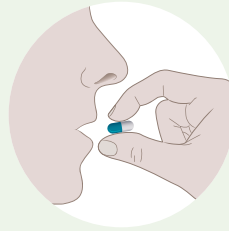
It will probably change your life forever. But in terms of looking after your health, it's much better to know.

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.



You'll know when it's the right time to take anti-HIV drugs.



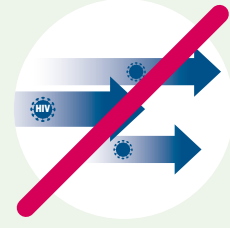
Treatment will protect your immune system from damage and help you stay healthy.



Your doctor can use blood tests to keep an eye on your health.



You can take steps to prevent passing HIV on to your sexual partner or partners.



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

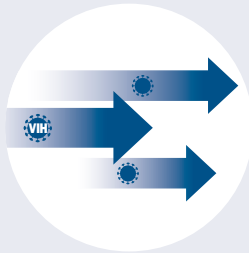
Untreated HIV will shorten your life.



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



You may pass HIV on to your sexual partner(s) without realising it.



Important points

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

nam This factsheet is based on an original copyright publication by NAM Publications, an independent HIV information charity based in the UK. The original publication can be viewed at www.aidsmap.com. Permission for this reproduction has been granted by NAM.