

HIV testing personal stories

Lots of people worry about taking an HIV test, but it's the only way to know your status.

It's ok to be anxious, but getting tested is probably easier than you think. It's quick, confidential and usually free. Here people share their experiences of testing for HIV.

Remember, if you're positive you can take treatment to keep you healthy, and if you're negative, knowing your status means you can stop worrying and move on.

If you have your own story to tell, you can share it with us here. We'll keep it anonymous and it could help someone thinking of going for a test.

Photos are used for illustrative purposes. They do not imply the health status or behaviour on the part of the people in the photo.

Last full review:

04 October 2019

Next full review:

04 October 2022



Sann - if you love yourself, practice safe sex



Zoe - I decided I couldn't live in fear any longer



Hamid - it's always better to know your status

"I feel so relieved now because I know that I can live a long and healthy life with treatment"

"Getting tested was the greatest thing I did for myself because my entire lifestyle changed after that."

"I came home and told my wife - she gave me courage by saying, 'However difficult life is, we will face it together.'"



Daniel - get tested ASAP to avoid unwanted stress

Lucas - If you're worried, get tested

Aikiko - learning you are HIV positive when pregnant

"I drank a lot during weekends and had sex around... I was totally depressed and scared of getting tested."

'I put myself through months of anxiety because I was scared to get tested.'

"If I wouldn't have become pregnant right when I did and found out I was positive ... I would be dead by next year."



Hallie - I wanted to do the test but I was afraid

Natalie - testing for HIV wasn't hard

Jordan - getting your HIV test results with your family

'My advice to everyone is to get tested and don't let your fears control you.'

"The nurse asked if I wanted to test for HIV. I was freaked out! But she was just so calm and cool about it...I felt kinda silly."

"I became instantly numb, everything became a blur. My parents and boyfriend were in the room when I found out my status."



Shanie - feeling supported after testing for HIV

Bandile - the relief of getting tested

Mpho - testing early meant that I never felt sick!

"Thank goodness I found a facility filled with sweet staff

"I convinced myself I had HIV but my test came back

"Since testing positive, I have never been sick and now I am

members, where I feel comfortable talking to anyone!"

negative"

even undetectable!"



Calvin - dealing with a positive result as a family



Jayden - my six rules for living happy & healthy with HIV



Chanda - finding out more about HIV stopped me worrying

"My wife was right LIFE GOES ON and nothing has changed - we just have to be a bit more careful now about our lifestyle."

"The fact that you are HIV-positive, doesn't mean that your life has ended."

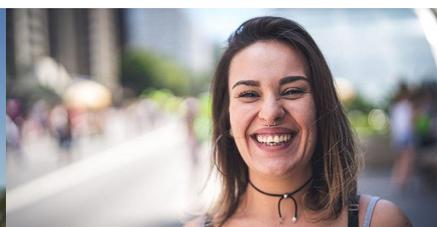
"Before testing, I was so worried! I thought about HIV all the time, now I don't think about it all."



Ngala - I went to get tested with my new girlfriend



James - How testing for HIV started a new chapter in my life



Clarita - Fear of getting tested only made things worse

"We were both negative. So my message is go and get tested because it's always better to know."

"HIV lives and grows off fear. The fear of rejection, the fear of a shorter life and not being able to achieve your dreams."

"Don't let fear get in your way. I promise that no matter the result, it's just better to know because then you can move on with life."
