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" "However difficult life is, we will face it together."
<table>
<thead>
<tr>
<th>Daniel - get tested ASAP to avoid unwanted stress</th>
<th>Lucas – If you’re worried, get tested</th>
<th>Aikiko - learning you are HIV positive when pregnant</th>
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<td>“I drank a lot during weekends and had sex around... I was totally depressed and scared of getting tested.”</td>
<td>‘I put myself through months of anxiety because I was scared to get tested.’</td>
<td>“If I wouldn’t have become pregnant right when I did and found out I was positive ... I would be dead by next year.”</td>
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<td>Hallie – I wanted to do the test but I was afraid</td>
<td>Natalie - testing for HIV wasn't hard</td>
<td>Jordan - getting your HIV test results with your family</td>
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<td>‘My advice to everyone is to get tested and don’t let your fears control you.’</td>
<td>“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.”</td>
<td>“I became instantly numb, everything became a blur. My parents and boyfriend were in the room when I found out my status.”</td>
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<td>Shanie - feeling supported after testing for HIV</td>
<td>Bandile – the relief of getting tested</td>
<td>Mpho - testing early meant that I never felt sick!</td>
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<td>“Thank goodness I found a facility filled with sweet staff”</td>
<td>“I convinced myself I had HIV but my test came back”</td>
<td>“Since testing positive, I have never been sick and now I am”</td>
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members, where I feel comfortable talking to anyone!"

"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."

"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."