HIV testing

What's involved in testing for HIV?

Testing for HIV is the only way to know for sure if you have HIV. Many people do not have any symptoms and can live for many years without knowing they have the virus.

Getting tested for HIV is quick, easy, painless, confidential and almost always free. Test for HIV regularly to keep yourself and your partners healthy. If you know your status you can stop worrying.

In this section, we go through everything you need to know about HIV testing.

Last full review:
22 September 2019
Next full review:
22 September 2020

Why get tested for HIV?

The reasons to test far outweigh the reasons not to. Find out about the benefits of testing for HIV.

When to get tested for HIV?

You can test for HIV at any time. It’s normal to feel scared about testing but it’s easier than you think. Find out what’s involved.

If you think you might have been at risk, speak to your healthcare provider.
What happens after an HIV test and getting the results?

You’ve tested for HIV, now what? We talk you through your results and what they mean.

HIV testing personal stories

It's normal to feel worried about going for an HIV test. Hear from others about their experiences.

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