

# Who Should Get Tested for HIV?

Testing for HIV helps prevent the virus from spreading — and helps people get the care they need. Learn who should get tested.

In the U.S.

**1 in 4 people** living with HIV is a woman

**1 in 5 new HIV diagnoses is a woman**

Women of color — especially Black women — are at higher risk for HIV

**Almost 3 in 5 new HIV diagnoses in the U.S. are Black women**



## Testing helps stop the spread of HIV

Up to 4 out of 10 cases of HIV are spread by people who don't know they have the virus.

## Early diagnosis leads to better outcomes



## Who should get screened for HIV and when?

### According to the CDC:

Everyone between the ages of 13 and 64 should get tested for HIV at least once.

You should be screened at least once a year if:

- ✓ You've had anal or vaginal sex with someone who has HIV
- ✓ You've had more than one sex partner since your last HIV test
- ✓ You've shared needles, syringes or other drug injection equipment
- ✓ You've exchanged sex for drugs or money
- ✓ You've been diagnosed with or treated for any sexually transmitted infection (STI), hepatitis or tuberculosis (TB)
- ✓ You've had sex with someone who has done anything listed above
- ✓ You've had sex with someone whose sexual history you don't know
- ✓ You are a man who has had sex with another man

Pregnant people should get tested at least once during every pregnancy

## How and where can you get screened for HIV?

### You can get tested for HIV:

- ✓ At your healthcare provider's office
- ✓ At your local hospital or public health clinic (these locations often offer free or low-cost testing options)
- ✓ With an HIV self-test that can be bought at a pharmacy or online



## Find testing options in your area

Go to [GetTested.cdc.gov](https://www.gettested.cdc.gov) to find local testing options.

## Remember, knowledge is power

Knowing your HIV status can help you make good choices about your health.