

10 THINGS

EVERYONE
SHOULD KNOW
ABOUT HIV TODAY

- ANYONE CAN GET HIV.
- YOU CAN HAVE HIV AND NOT KNOW IT.
- HIV IS TREATABLE, NOT CURABLE.
- PEOPLE LIVING WITH HIV ON TREATMENT CANNOT PASS ON HIV THROUGH SEXUAL CONTACT.
- LATE DIAGNOSIS REMAINS A PROBLEM.
- TESTING IS EASY AND ACCESSIBLE.
- THERE ARE MANY WAYS TO PROTECT YOURSELF FROM HIV.
- PEOPLE WITH HIV CAN LIVE FULL AND HEALTHY LIVES.
- THERE IS NO SHAME IN HAVING HIV.
- WE CAN END AIDS BY 2030.
- IT ALL STARTS WITH TESTING!!

LATEST UK 2022 STATISTICS:

- In 2022, there were an estimated 104,200 people living with HIV in the UK.
- Of these, 97% were diagnosed and 98% were on treatment.
- 98% of people on HIV treatment have an undetectable viral load, which means they cannot transmit HIV to others.
- Late diagnosis remains a problem, with around 40% of people diagnosed with HIV at a late stage when the risks of serious illness and death remain a real problem.

1. ANYONE CAN GET HIV.

HIV does not discriminate. It can affect anyone, regardless of age, race, gender, sexual orientation, or socioeconomic status.

2. YOU CAN HAVE HIV AND NOT KNOW IT.

HIV can be asymptomatic for many years, meaning that people can have HIV and not experience any symptoms and unknowingly pass it on. That's why it's important to get tested regularly, even if you think you're at low risk.

3. HIV IS TREATABLE, NOT CURABLE.

With early diagnosis and treatment, people with HIV can live long and healthy lives. HIV treatment involves taking antiretroviral therapy (ART) medication, which suppresses the virus and prevents it from damaging your immune system.

4. U=U OR UNDETECTABLE = UNTRANSMITTABLE = YOU CAN'T PASS IT ON!

People who have HIV and who are on treatment with an undetectable amount of virus in their blood CANNOT transmit HIV to others through sexual contact. This is known as U=U, or undetectable = untransmittable.

5. LATE DIAGNOSIS REMAINS A PROBLEM IN THE UK.

Around 40% of people in the UK are diagnosed with HIV at a late stage. This can have serious consequences for their health, as it means that they have had more time to damage their immune system and have a much higher chance of dying than people diagnosed early.

6. TESTING IS EASY AND ACCESSIBLE.

HIV testing is free and confidential. You can get tested at your GP's, a sexual health clinic, or via online testing.

7. THERE ARE MANY WAYS TO PROTECT YOURSELF FROM HIV. INCLUDING:

- Using condoms during sex
- Getting pre-exposure prophylaxis (PrEP), a daily medication that can help prevent HIV infection
- Getting post-exposure prophylaxis (PEP), a short course of medication that can be taken after potential exposure to HIV

8. PEOPLE WITH HIV CAN LIVE FULL AND HEALTHY LIVES.

With early diagnosis and treatment, people with HIV can live long and healthy lives. They can have relationships, work, and have children just like anyone else.

9. THERE IS NO SHAME IN HAVING HIV.

HIV is a chronic health condition. There is no shame in having HIV. But HIV-related stigma remains a problem and to people living with HIV, stigma is more harmful than HIV itself.

10. WE CAN END AIDS BY 2030.

We have the tools to end AIDS by 2030. We need to ensure that everyone has access to HIV testing, treatment, and prevention services. We also need to reduce stigma and discrimination against

GET TESTED FOR HIV TODAY.

IT'S THE BEST WAY
TO PROTECT YOURSELF AND
YOUR LOVED ONES.

Find out about free HIV testing
from your local Sexual Health
service, online or in clinic,
or via your GP.



**SAVING
LIVES**

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