

# 5 reasons you should test for **HIV**

- 1 Anyone who is sexually active should take a test
- 2 Certain conditions can be a warning sign of HIV and your GP or healthcare professional may recommend testing.  
These conditions include:
  - unexplained weight loss
  - pneumonia
  - chronic diarrhoea
  - shingles
  - oral thrush
  - abnormal blood tests
  - cervical or anal dysplasia (abnormal cells)
  - certain skin conditions and cancers
- 3 HIV is easily treated
- 4 Once on effective HIV treatment you cannot pass HIV on to sexual partners
- 5 It's **better to know**. Regardless of the result, support and treatment are available for free on the NHS.

## How can I get tested for **HIV**?

**HIV testing is free and confidential** in all our Oxfordshire Sexual Health clinics. You can even request an easy-to-use postal kit to test at home. No matter the result, we are here to provide care and support, and to offer ongoing treatment.

## What are my next steps?

For more information on HIV testing and to order a test, please visit the Oxfordshire Sexual Health website by searching: [bit.ly/41IX6oj](https://bit.ly/41IX6oj)

Scan to test!

