

How can I tell if I have HIV? - HIV/AIDS 101, part 7



The only way you know for sure if you have HIV is to get tested.

You cannot rely on symptoms to tell whether you have HIV. You may experience a flu-like illness within 2-4 weeks after HIV infection. But some people may not feel sick during this stage.

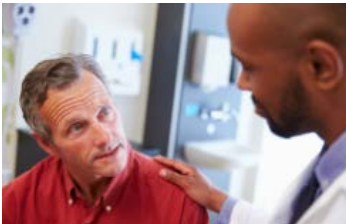
Testing is relatively simple. A health care provider can help you get an HIV test.

Many medical clinics, substance abuse programs, community health centers, and hospitals offer tests too. Home testing kits are also available at drug stores or online.



Some tests can detect HIV very soon after you get infected. Other tests take longer to detect the virus.

The important message is that when you know your HIV status it can help you make healthy decisions to prevent getting or spreading HIV.



Be sure to get answers to any questions you have about HIV/AIDS. Your public health department, health care provider, and public library can help.