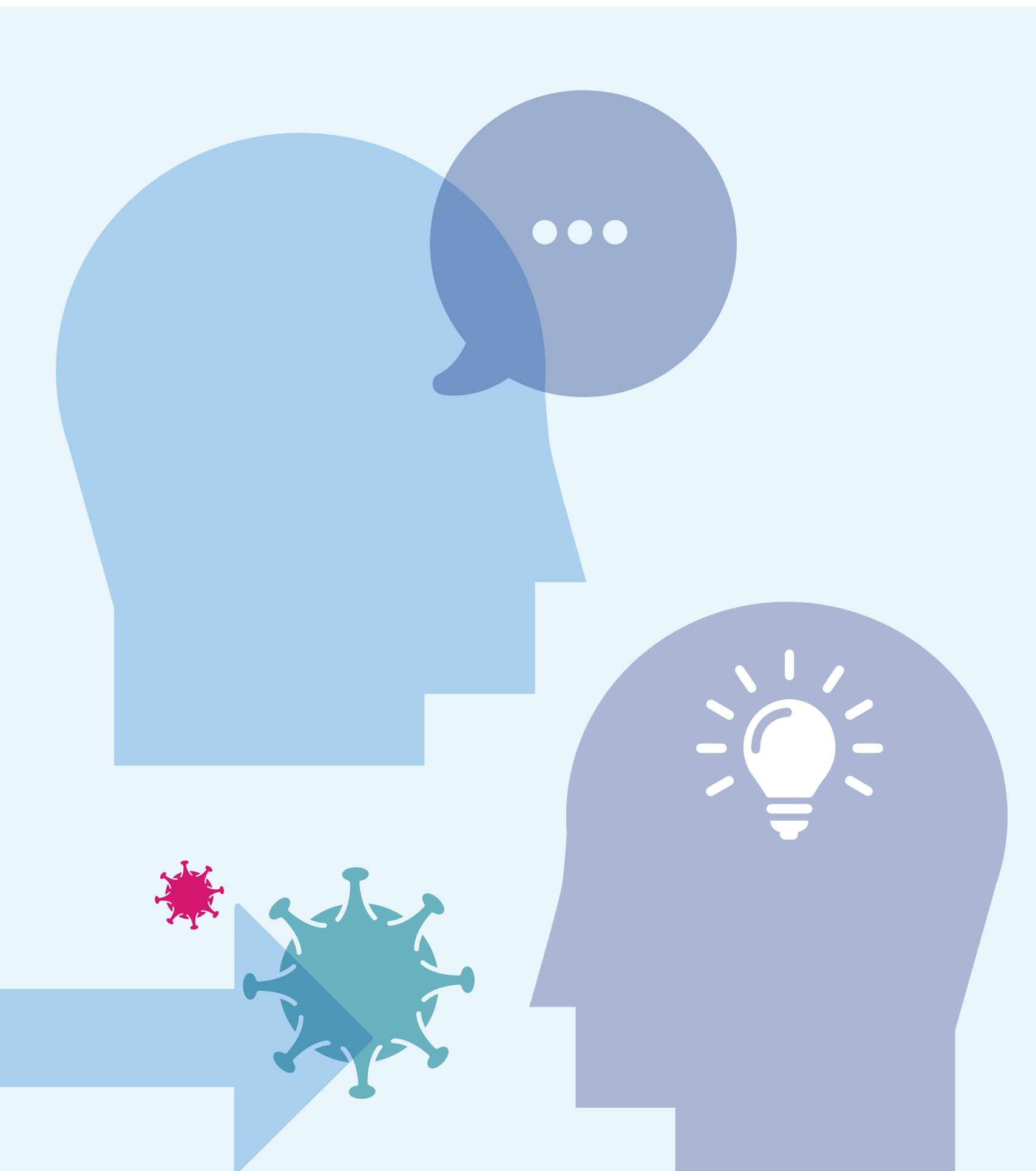


The basics

Better off knowing



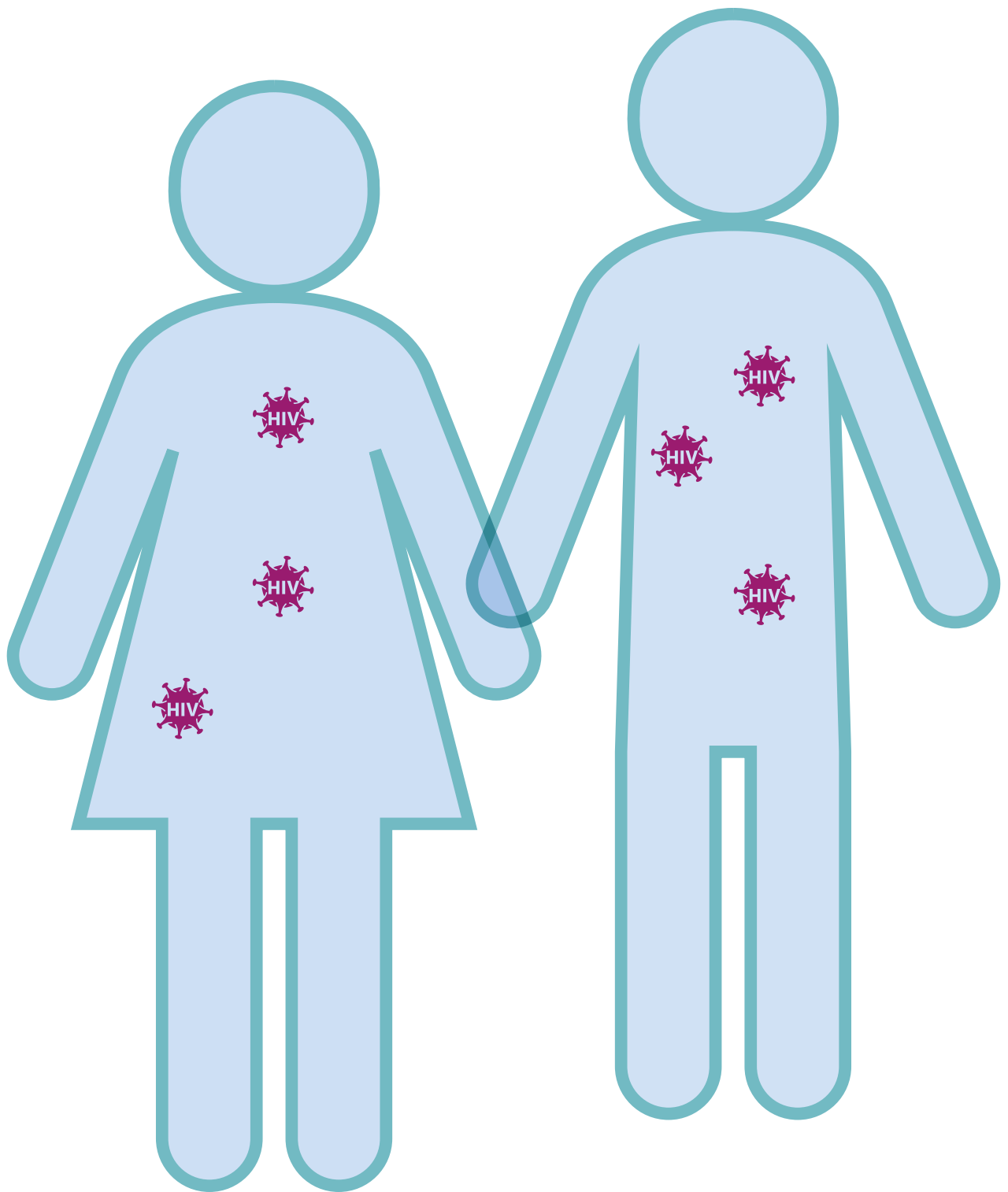
The sooner you know you have HIV, the sooner you can get the medical care you need.

Finding out that you have HIV can be very hard. It will probably change your life forever.

But in terms of looking after your health, it's much better to know.



**If you know you have HIV,
you can take steps to get
it under control.**



**With medical care,
you will have a longer
and healthier life.**



**The sooner you start to take
HIV treatment, the sooner it can
protect your immune system
from damage.**



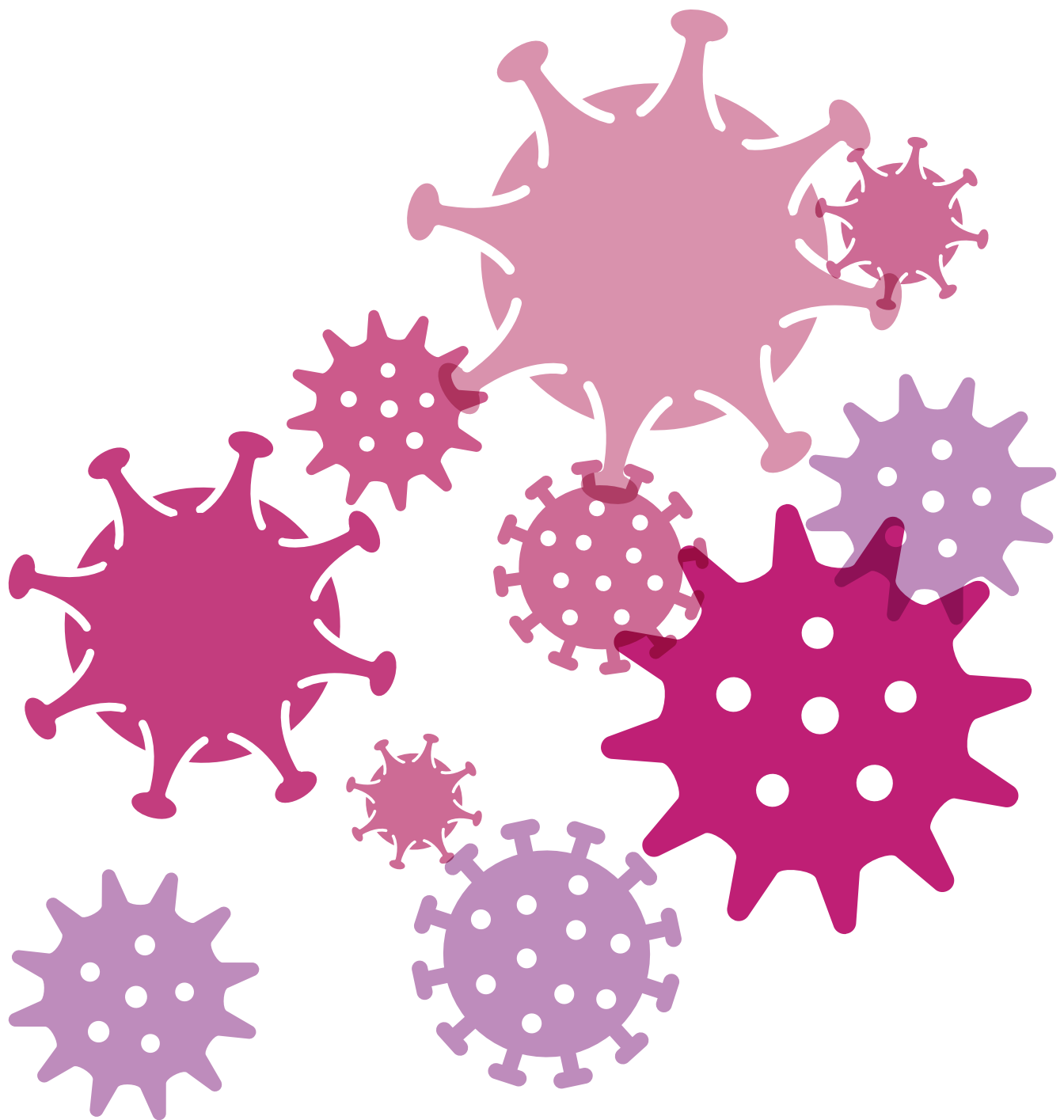
**Effective HIV treatment
prevents HIV being passed
on during sex.**



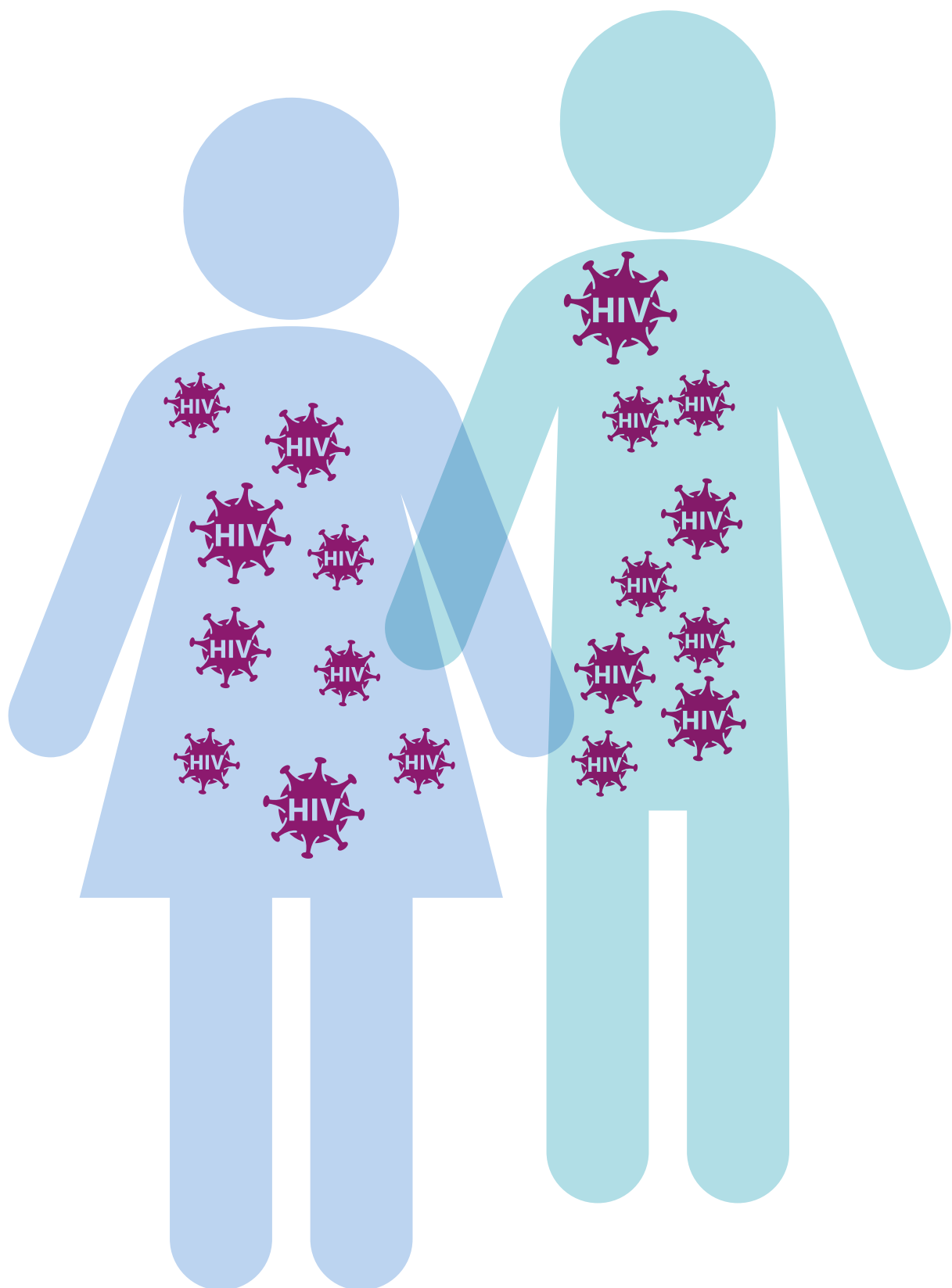
**You can take other steps
to prevent passing HIV on
to sexual partners.**



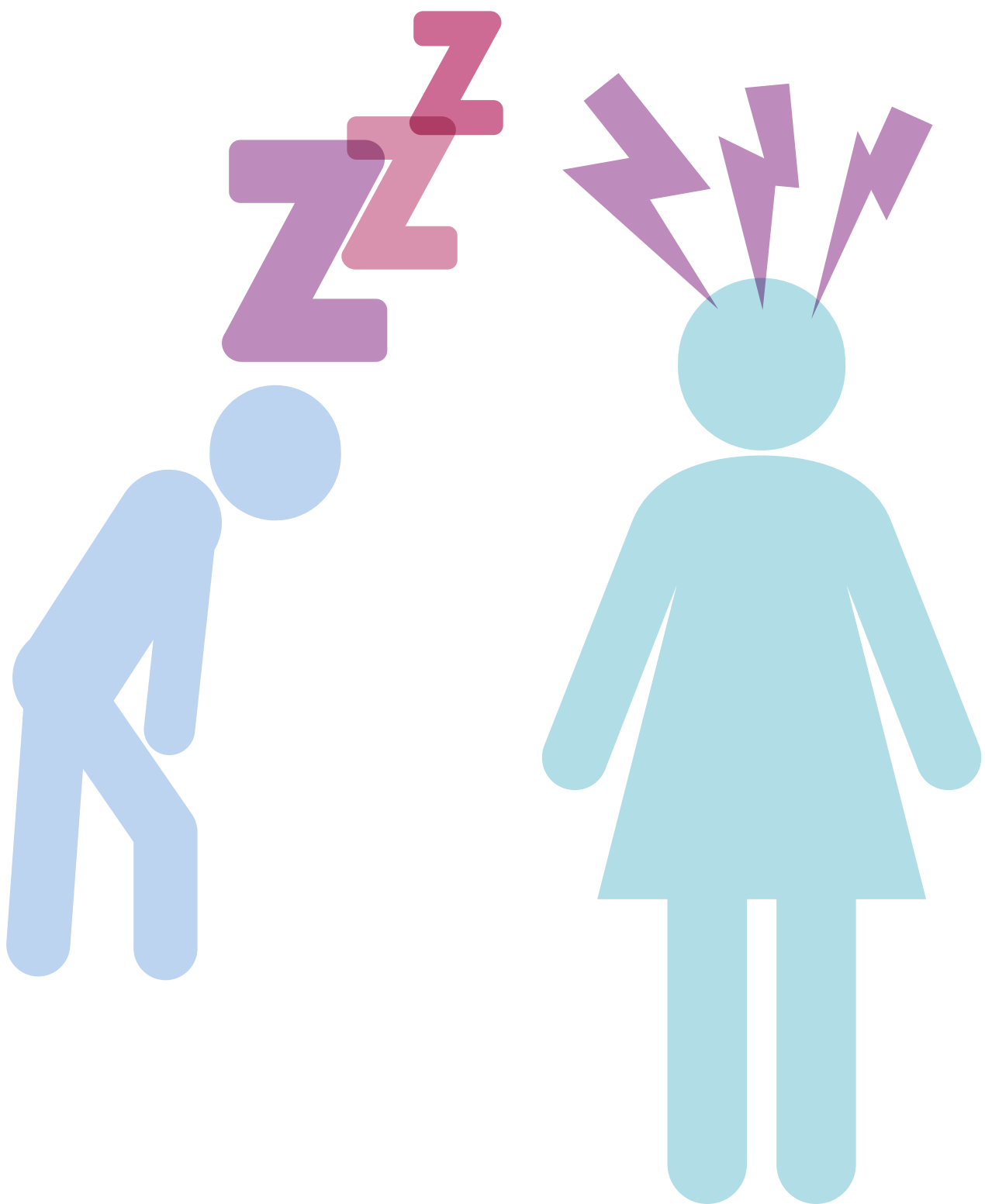
**If you don't know you have
HIV, it could get out
of control and cause
long-term damage.**



**Untreated HIV
will shorten your life.**



**Untreated HIV will damage
your immune system
and make you ill.**



You may pass HIV on to your sexual partner or your unborn child without realising it.



Important points

- The sooner HIV is diagnosed, the fewer health problems it will cause you.
- With the free medical care and treatment that is available in the UK, most people with HIV can live a long and healthy life.

For more information on this topic

- Read our '**Myths and facts**' leaflet.
- Read our '**Testing**' leaflet.
- Read our '**Your next steps**' booklet.

For information in other languages

- Visit www.aidsmap.com/languages

For more information about HIV

- Visit our website www.aidsmap.com
- Speak to an adviser at THT Direct
0808 802 1221

Other titles in The basics series

- Undetectable viral load
- HIV and the immune system
- Eight ways to look after your health



About NAM

NAM is a charity that works to change lives by sharing information about HIV & AIDS. We believe that independent, clear, accurate information is vital to those living with HIV. www.aidsmap.com

Please help us

If you would like to support our work and help us to continue to provide resources like this one, please donate today at www.aidsmap.com/donate

This information isn't intended to replace discussion with your doctor about your treatment and care, but it may help you to think about any questions you'd like to ask your healthcare team.

If you would like to translate, adapt or reproduce this leaflet, please contact us.