



National HIV Testing Week

5 – 11 February 2024

National HIV Testing Week is back on Monday 5 February 2024. This year, the campaign returns with the strapline, 'I Test.' The campaign promotes regular testing among the most-affected population groups in England. Regular testing helps to reduce the number of people living with undiagnosed HIV and those diagnosed late.

Why is HIV testing week important?

- The number of people testing for HIV is still lower than before the COVID pandemic.
- Late diagnosis can lead to poorer health outcomes. In 2022, 44% of people first diagnosed in England were diagnosed late, and this was higher in Surrey at 59%.
- Those with the poorest outcomes following late diagnosis include people who inject drugs, people aged over 50, heterosexual men and those living outside London.
- Once tested, 98% of people diagnosed with HIV access treatment and care.
- Testing for HIV is also useful for those who are considering interventions such as PrEP (pre-exposure prophylaxis).

Why get a test?

HIV testing is a key part in the efforts to stop HIV. Testing is quick, free, confidential, and easy. People can live with HIV for a long time without any symptoms and testing is the only way to know your HIV status. Finding out your HIV status also means that if necessary, treatment can be started, people can stay healthy and avoid passing the virus on to anyone else. Anyone diagnosed with HIV in the UK can access free treatment and support.

Who should test?

Testing at least once a year for HIV and other sexually transmitted infections (STIs) is good sexual health practice for everyone who is sexually active, even if there is no risk of infection. Depending on how many different sexual partners someone has in one year, testing more regularly should be considered.

Gay, bisexual and other men who have sex with men (GBMSM) should get tested routinely for HIV and other STIs - at least annually or every three months if having sex without condoms with new or casual partners.

Black African men and women should have a regular HIV and STI screen if having sex without condoms with new or casual partners.

Trans women and trans men who have sex with MSM should test regularly for HIV and other STIs, annually or every three months, if having sex without condoms with new or casual partners.



How can someone test for HIV in Surrey?

- During February as part of National HIV Testing campaign: Order a free self-sampling kit from www.freetesting.hiv (test for HIV only)
- Online STI and HIV kit for Surrey residents (full STI test kit): [Order a free STI testing kit](#)
- Sexual Health clinic: [Surrey sexual health clinic information](#).

The best way to protect from HIV is to wear a condom and take PrEP

PrEP stands for pre-exposure prophylaxis. It's a medicine people at risk of HIV can take to prevent them from getting HIV. When taken as prescribed, PrEP is highly effective. It can help you stay in control of your sex life and keep healthy. Find more information click [here](#) or call the specialist sexual health service for an appointment on **01483 675389**, Monday to Friday from 9.30am to 4.30pm.





Find out how to get free condoms through the C-Card scheme (condom distribution scheme) for under 25s [here](#).





Post-exposure prophylaxis (PEP) is a treatment that can stop an HIV infection after the virus has entered a person's body. It must be taken within 72 hours of exposure. PEP is also available from the sexual health service.

How can organisations help promote HIV testing week 2024?

- For more information on the national campaign, visit: HIV Prevention England [Get ready for National HIV Testing Week 2024 – HIV Prevention England](#)
- Order new campaign information resources, social media pack and merchandise: www.hperesources.org.uk/
- Don't forget to share Healthy Surrey's and HIV Prevention England's social media assets and your local events using #HIVTestingWeek
- If your organisation would like the Sexual Health Outreach Team to support an event or receive training, please email: cnw-tr.admin.outreach@nhs.net

Social Media messaging – please share the following messaging:

Tweet text	Image	
<p>National HIV Testing Week starts Monday 5 February, and there's no better time to get tested and know your status. To find out about HIV testing visit the www.sexualhealth.cnlw.nhs.uk/order-form/ #ITest #HIVTestingWeek</p>	 <p>HIV Testing Week 1.jpg</p>	
<p>It's recommended you test for HIV at least once a year and more regularly if you've had unprotected sex or more than one partner. This National HIV Testing Week, order your free test kit today www.sexualhealth.cnlw.nhs.uk/order-form/ #ITest #HIVTestingWeek</p>	 <p>HIV Testing Week 5.jpg</p>	

<p>It's National HIV Testing Week. HIV testing is free, quick, and easy. Anyone diagnosed with HIV in the UK can access free treatment and support. Order your FREE HIV test kit www.sexualhealth.cnwl.nhs.uk/order-form/ #ITest #HIVTestingWeek</p>	 <p>HIV Testing Week 4.png</p>	 <p>NATIONAL HIV TESTING WEEK I TEST. To be part of the generation that stops HIV. ORDER YOUR FREE HIV TEST STARTSWITHME.ORG.UK</p>
<p>Did you know you can get a free HIV test kit delivered to your door in plain packaging? Order your free kit this National HIV Testing Week www.sexualhealth.cnwl.nhs.uk/order-form/ #ITest #HIVTestingWeek</p>	 <p>HIV Testing Week 6.jpg</p>	 <p>NATIONAL HIV TESTING WEEK I TEST. It's the only way to know if I have HIV, so I can stay in control of my health. ORDER YOUR FREE HIV TEST STARTSWITHME.ORG.UK</p>

For more information, please contact agnieszka.rembialkowska@surreycc.gov.uk