

How do I know if I have HIV?

The only way to know if you have HIV is to [get tested](#). Knowing your HIV status helps you make healthy decisions to prevent getting or transmitting HIV.

Many HIV tests are **quick, free, and painless.**



HIV self-tests

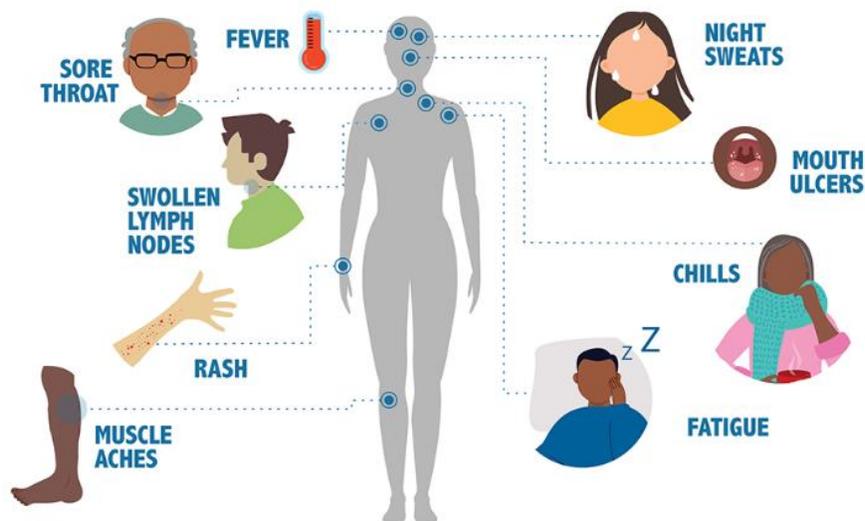


In-person HIV tests

Visit CDC website: <https://www.cdc.gov/hiv/basics/whatishiv.html>

Are there symptoms?

- For many, yes. Most people have **flu-like symptoms** within 2 to 4 weeks after infection. Symptoms may last for a few days or several weeks.
- Having these symptoms alone doesn't mean you have HIV. Other illnesses can cause similar symptoms.
- Some people have **no symptoms at all**. The **only way to know if you have HIV is to [get tested](#)**.



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