

LGBTQ+ History Month

‘GIVE HIV THE FINGER: a finger-prick test is all it takes.’

This week is National HIV Testing week!

It has never been easier to get an HIV test, you can get them from the iCash service in the city center, at your GP, or even have them posted out to you at home.



In the UK the number of people being diagnosed with HIV fell between 2019-2020, and since 2020 testing has fallen by 30%. 1 in 5 HIV positive people are unaware that they have it, and are at risk of passing it on, or being diagnosed late with a higher chance or poorer healthcare outcomes.

You can get free tests, advice, and contraception from the Terrence Higgins Trust, as well as our local sexual health center, the iCash clinic.

We have come on leaps and bound with HIV treatment, we have medication like PReP (pre exposure prophylaxis) which when taken before and after sex, or as a regular daily pill protects a person from contracting the virus if exposed.

With well managed treatments, people living with HIV can have so little of the virus active in their body that they give a negative result on an HIV test, this is called undetectable.

Vitally, someone who is undetectable cannot pass on the virus. Good treatment actively prevents the spread of HIV.



All of these tools, the testing, the information and the medication is readily available in the UK and here in Milton Keynes so get tested and know your status!

For more information you can contact iCash, Terrence Higgins Trust, or even us at the Pride Network if you have questions!

[Home \(icash.nhs.uk\)](http://icash.nhs.uk)

[Home | Terrence Higgins Trust \(tht.org.uk\)](http://tht.org.uk)