Full Disclosure

August 15, 2016 By Jennifer Morton

Whether you're newly diagnosed or a long-term survivor, disclosing your HIV status can be a daunting task. In most cases, it's a personal choice, so when you're trying to decide whom to tell, it's important to trust your instincts. POZ recently asked about your disclosure practices. Here are your responses.

How soon after your HIV diagnosis did you disclose your status to someone?

60% Same day

20% Within one week

8% Within one month

6% Within one year

4% After one year

2% I have yet to disclose my status

To whom did you first disclose your status?

41% Friend

29% Spouse/Partner

15% Parent

6% Sibling

4% Other relative

5% Other

Have you disclosed your HIV status to your family?

67% Yes 33% No

Have you disclosed your HIV status to your friends?

75% Yes 25% No

Have you disclosed your HIV status to your coworkers?

34% Yes 66% No

Have you disclosed your HIV status to your employers?

33% Yes 67% No

Have you ever experienced a negative reaction to your disclosure?

66% Yes 34% No

Has disclosing your status gotten easier the more you've done it?

55% Yes 45% No

Have you ever had sex with someone without disclosing your status?

55% Yes 45% No

Do you believe keeping your HIV status a secret negatively affects your health?

52% Yes 48% No

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