



National HIV Testing Day: Own Your Health. Know Your HIV Status.

People with certain risk factors should be tested for HIV at least once per year. Here's why knowing your status matters.

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National HIV Testing Day is June 27. Knowing your HIV status is one of the most important steps you can take for your health. Everyone who is sexually active should be tested at least once as part of their routine care, and people with certain [risk factors](#) should be tested at least once per year. [Getting an HIV test](#) gives you the information you need to make decisions that support your well-being.

HIV testing is easy, accessible, and often free or low cost. And most importantly, knowledge is power.

Find sharable graphics on HIV.gov and online by searching [#HIVTestingDay](#) and [#NHTD](#) Courtesy of HIV.gov

Why Knowing Your Status Matters

Getting an HIV test helps you understand what steps to take next, no matter the result.

If the test result is positive, you can start HIV treatment right away. Today's HIV medicines are highly effective and can help you live a long, healthy life. With consistent treatment, most people living with HIV reach an undetectable viral load, which means the virus is suppressed so low it can't be passed to sexual partners.

If the test result is negative, you can explore options to help prevent HIV. There are tools available, like pre-exposure prophylaxis (PrEP), condoms, and regular testing, that can help you stay HIV-negative and protect your health.

Getting an HIV Test Is Easier Than You Might Think

Many people are surprised to learn how quick and simple HIV testing can be. Some tests use a small blood sample, while others use an oral swab—no needles required. In many cases, results are available in as little as 20 minutes.

HIV tests are offered in a variety of settings including health care providers' offices, health centers, mobile clinics, select pharmacies, local health departments, and community-based organizations. You can even find options for self-testing, such as mail-to-home order, that you can do at home or in a private location.

When Should You Get Tested for HIV?

Everyone who is sexually active should be tested at least once for HIV as part of their routine care. People with certain risk factors should be tested at least once per year. For example, get tested regularly if you have multiple partners or don't know your partner's sexual history.

If you're unsure how often you should be tested, then talk to your health care provider so they can help you decide what's right for you.

Find an HIV Test Near You

See a health care provider or visit a [health center](#) to get an HIV test. Worried about the cost of HIV testing? As a recommended preventive service, HIV testing is covered by health insurance without a co-pay. If you don't have health insurance, then some health centers, mobile clinics or local health departments may offer free or low-cost tests. Getting tested is a simple step that can have a lasting impact on your health.

Own Your Health

Knowing your HIV status puts you in control. It gives you the information you need to take action, whether that means starting treatment or choosing prevention tools that work for your life.

Take action this [National HIV Testing Day](#). No matter where you are on your journey, getting an HIV test is a powerful step toward better health.

Visit the [HIV Testing Overview](#) page for more information about HIV testing.

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<http://beta.docker.poz.com/blog/national-hiv-testing-day-health-know-hiv-status>