

You're HIV negative so what now? : you're HIV positive so what now? / CHAPS, Terrence Higgins Trust.

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YOU'RE HIV NEGATIVE SO WHAT NOW?

You're an HIV negative gay man. And you've got the rest of your life ahead of you.

It's time to look to the future - so why not start by thinking about the past?

What have you based your choices on over the years - and now you know you're negative, what choices lie ahead of you?

Do you want to stay HIV negative - and if you do are there some changes you might want to make?

Finding out you are HIV negative might encourage you to make changes to your life, like spending more time with your friends or exercising more. Or it might make you think about your options and decide that you are happy with your life the way it is.

What about the next time you have sex? What choices will you face and how will you deal with them?

There's no right or wrong answer; we all make choices for all sorts of reasons. But, if you are sure of your HIV status at least you'll know what the risks might be.

Knowing your HIV status for sure means that whatever choices you make will be based on facts, not wishful thinking. There is information available to help you weigh up the options and take your life forward - as healthily and happily as you can.

YOU'RE HIV POSITIVE SO WHAT NOW?

You're an HIV positive gay man. And you've got the rest of your life ahead of you.

It's time to look to the future.

In the last four years, deaths from AIDS in the UK have dropped by 70% because of new treatments. They aren't a cure and they don't work for everyone - but for many gay men, combination therapies have provided a new lease of life. And there are regular tests available which can tell you how your body is coping with the virus, helping you to decide about treatments and life in general.

Finding out you are HIV positive might encourage you to make changes to your life, like spending more time with your friends or exercising more. Or it might make you think about your options and decide that you are happy with your life the way it is.

What about the next time you have sex? What choices will you face and how will you deal with them? There's no right or wrong answer; we all make choices for all sorts of reasons. But, if you are sure of your HIV status at least you'll know what the risks might be.

Knowing your HIV status for sure means that whatever choices you make will be based on facts, not wishful thinking. There is information available to help you weigh up the options and take your life forward - as healthily and happily as you can.

Better off knowing?

If you want to talk this through you can ring the THT Helpline (12noon-10pm) on 020 7242 1010, or make an appointment at THT's London Face2Face service on 020 7816 4566. There's also a booklet "Better off knowing?" available from many gay venues, by calling the Helpline or at www.tht.org.uk

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