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20230627_Take the Test & Take the Next Step – National HIV Testing Day

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HSLIC News - LibGuides at University of New Mexico

Take the Test & Take the Next Step – National HIV Testing Day

by Brandon Carroll on June 27th, 2023 | [o Comments](#)



First observed in 1995, National HIV Testing Day highlights the importance of HIV testing and the steps everyone can take once they know their HIV status.

HIV testing is an act of self-care. According to the CDC, encouraging people to get tested and know their HIV status can help them stay healthy. Today, there are more free, easy, fast, and confidential HIV testing options available than ever before. Testing, including self-testing, is the first step to engaging in HIV prevention or treatment services. HIV testing is critical to helping us end the HIV epidemic in the United States.

For more information on HIV testing and treatment resources, please visit:

[CDC 2023 National HIV Testing Day](#)

[NIH National Library of Medicine MedlinePlus](#) – Provides free consumer health information from trusted sources in English and Spanish.

[UNM Truman Health Services](#) - Our goal is to help you live a healthy life with HIV. Medications and a healthy lifestyle can help you reach an undetectable HIV viral load and improve your immune system. We ensure your care is coordinated so it's comfortable, convenient, and affordable. We also offer free testing at Truman Health Services.

[UNM Student Health and Counseling](#) – Hosting HIV Testing Wednesday and STI Testing Tuesdays

[UNM LGBTQ Resource Center](#) – Additional testing options around New Mexico

#HIVTestingDay

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