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Jonathan M. Pringle

University of New Mexico Health Sciences Library and Informatics Center

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National HIV Testing Day - June 27

by Jonathan Pringle on June 27th, 2022 in [Epidemiology](#), [Family & Community Care](#), [Health Policy](#), [Population Health](#) | [0 Comments](#)



Today is National HIV Testing Day. First observed on June 27, 1995, this is an annual day designed to

encourage people to get tested for HIV, know their status, and get linked to care and treatment.

The theme for 2022, “[HIV Testing is Self-care](#).” The World Health Organization defines self-care as “the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider.” is timely, given that self-care has been a particularly important topic during the COVID-19 pandemic. It’s also timely as the need for individual and community actions to promote physical and mental health remain critical.

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 a critical tool to helping us end the HIV epidemic in the United States.

Watch this [Taking the Test is Taking Care of You video](#) to learn more about HIV testing and self-care.

Currently, CDC and many other organizations are distributing free [HIV self-testing kits](#) . You can find more information about HIV testing on our [HIV Testing Overview page](#).

Content courtesy of [HIV.gov](#)

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