

Human Immunodeficiency Virus Screening

CHILD AND TEEN CHECKUPS (C&TC) FACT SHEET FOR PRIMARY CARE PROVIDERS

Universal Human Immunodeficiency Virus (HIV) screening is required at a C&TC visit once between 15-20 years regardless of risk factors. Use an opt out approach.

C&TC standards

General

Universal HIV screening is required during a C&TC visit at least once between 15-20 years. Offer HIV testing to all youth, regardless of risk factors.

Test youth who are at increased risk for HIV at least annually. Youth who have other STIs, youth who inject drugs, men who have sex with men, and transgender youth are at increased risk. Risk factors for HIV include having sexual partners that are living with HIV, using injection drugs, having multiple sexual partners, not using barrier protection, and trading sex for money or items of value (Hsu et al., 2022).

Under Minnesota's minor's consent law (MN Statute [§144.343\(1\)](#)), youth have the right to testing and treatment for STIs without parental knowledge or consent. HIV testing and results are covered under this statute. Refer to [Consent and Confidentiality Laws in Minnesota](#).

Personnel

Physicians, nurse practitioners, physician assistants, nurses, medical assistants, or lab technicians may complete HIV screening. A licensed health care provider (physician, nurse practitioner, physician assistant) must interpret results and ensure follow-up.

Documentation

Document the HIV screening lab test order. Document a complete record of lab test results in the patient's record.

Refer to the documentation forms on the [C&TC Early and Periodic Screening, Diagnostic, and Treatment resources](#) webpage for documentation examples or to use as a template with your electronic medical record.

Procedure

Offer HIV screening to the young person at least once between 15-20 years in the context of a broader, confidential conversation with the adolescent about sexual health and preventive care. Take an opt-out screening approach; refer to [Clinical Testing Guidance for HIV](#).

Complete HIV testing in a lab on a sample of blood drawn by venipuncture or by a rapid screening test on a sample of blood obtained by a finger stick.

A reactive rapid HIV screening test requires further lab diagnostic testing to confirm the result. For additional guidance, refer to the Centers for Disease Control and Prevention's [Guidelines and Recommendations](#).

Importance of HIV screening

According to the Minnesota Department of Health (MDH), in 2025, seven cases of HIV were diagnosed in youth under the age of 20 and 36 cases were diagnosed in 20-24 year olds in Minnesota.

Most sexually active youth in the United States do not think they are at risk of getting HIV (Hsu et al., 2022).

Undetectable = Untransmittable (U=U) is when a person living with HIV takes HIV medicine as prescribed and maintains an undetectable viral load so they cannot pass HIV to their sexual partners.

For those who are at risk for HIV, use Pre-Exposure Prophylaxis (PrEP). PrEP is a daily medication to prevent HIV that is FDA-approved for adolescents. PrEP reduces the risk of getting HIV from sex by 99% when taken consistently (Centers for Disease Control and Prevention, 2024). Refer to [Clinical Guidance for PrEP](#).

Professional recommendations

American Academy of Pediatrics

HIV screening is recommended at least once for youth 15 years and older (Hsu et al., 2022).

United States Preventive Services Task Force

HIV screening is recommended for adolescents and adults ages 15-65 years (US Preventive Services Task Force, 2019). Younger adolescents who are at increased risk should also be screened.

Centers for Disease Control and Prevention

HIV testing is recommended for all patients between the ages of 13-64 at least once as part of routine health care.

Resources

Minnesota Department of Human Services

- [C&TC Schedule of Age-Related Screening Standards](#)
- [Minnesota Health Care Programs \(MHCP\) Provider Manual - C&TC Section](#)

Minnesota Department of Health

- [Child and Teen Checkups \(C&TC\)](#)
- [Parent Confidentiality Letter on MDH's Translated Documents](#) webpage
- [HIV/AIDS](#)
- [HIV Testing in Clinical Settings](#)
- [HIV and HIV Screening Referral Letter on MDH's Translated Documents](#) webpage

For more information

The Child and Teen Checkups (C&TC) program is administered through a partnership between the Minnesota Department of Human Services and the Minnesota Department of Health.

For questions about this fact sheet or to obtain this information in a different format, call 651-201-3650 or email health.childteencheckups@state.mn.us.

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Resource links

- [Minnesota’s minor’s consent law \(MN Statute §144.343\)](https://www.revisor.mn.gov/statutes/cite/144.343)
(<https://www.revisor.mn.gov/statutes/cite/144.343>)
- [Consent and Confidentiality Laws in Minnesota](https://www.health.state.mn.us/people/adolescent/youth/confidential.html)
(<https://www.health.state.mn.us/people/adolescent/youth/confidential.html>)
- [C&TC Early and Periodic Screening, Diagnostic, and Treatment resources](https://mn.gov/dhs/partners-and-providers/policies-procedures/minnesota-health-care-programs/provider/types/ctc-resources/)
(<https://mn.gov/dhs/partners-and-providers/policies-procedures/minnesota-health-care-programs/provider/types/ctc-resources/>)
- [Clinical Testing Guidance for HIV](https://www.cdc.gov/hivnexus/hcp/diagnosis-testing/)
(<https://www.cdc.gov/hivnexus/hcp/diagnosis-testing/>)
- [Guidelines and Recommendations](https://www.cdc.gov/hivpartners/php/guidelines/index.html)
(<https://www.cdc.gov/hivpartners/php/guidelines/index.html>)
- [Clinical Guidance for PrEP](https://www.cdc.gov/hivnexus/hcp/prep/)
(<https://www.cdc.gov/hivnexus/hcp/prep/>)
- [C&TC Schedule of Age-Related Screening Standards](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-3379-ENG)
(<https://edocs.dhs.state.mn.us/lfserver/Public/DHS-3379-ENG>)
- [Minnesota Health Care Programs \(MHCP\) Provider Manual - C&TC Section](http://www.dhs.state.mn.us/main/idcplg?l_dcService=GET_DYNAMIC_CONVERSION&revisionSelectionMethod=LatestReleased&DocName=dhs16_150092)
(http://www.dhs.state.mn.us/main/idcplg?l_dcService=GET_DYNAMIC_CONVERSION&revisionSelectionMethod=LatestReleased&DocName=dhs16_150092)
- [Child and Teen Checkups \(C&TC\)](http://www.health.state.mn.us/divs/cfh/program/ctc/index.cfm)
(<http://www.health.state.mn.us/divs/cfh/program/ctc/index.cfm>)
- [Parent Confidentiality Letter](https://www.health.state.mn.us/people/childrenyouth/ctc/translation.html#confidentiality)
(<https://www.health.state.mn.us/people/childrenyouth/ctc/translation.html#confidentiality>)
- [HIV/AIDS](https://www.health.state.mn.us/diseases/hiv/index.html)
(<https://www.health.state.mn.us/diseases/hiv/index.html>)

- [HIV Testing in Clinical Settings](https://www.health.state.mn.us/diseases/hiv/hcp/clintest.html)
(<https://www.health.state.mn.us/diseases/hiv/hcp/clintest.html>)
- [HIV and HIV Screening Screening Referral Letter](https://www.health.state.mn.us/people/childrenyouth/ctc/translation.html#hivscreen)
(<https://www.health.state.mn.us/people/childrenyouth/ctc/translation.html#hivscreen>)

References

- Centers for Disease Control and Prevention (2024, January). *Preventing HIV with PrEP*. Retrieved from <https://www.cdc.gov/hiv/prevention/prep.html>
- Hsu, K. K., Yurievna Rakhmanina, N., & Committee on Pediatric AIDS (2022). Adolescents and young adults: The pediatrician’s role in HIV testing and pre- and postexposure HIV prophylaxis. *Pediatrics*, 149(1). <https://doi.org/10.1542/peds.2021-055207>
- Minnesota Department of Health (2026). *HIV/AIDS Statistics*. Retrieved from <https://www.health.state.mn.us/diseases/hiv/stats/index.html>
- US Preventive Services Task Force (2019). Screening for HIV infection: US Preventive Services Task Force recommendation statement. *JAMA*, 321(23), 2326-2336. <https://doi.org/10.1001/jama.2019.6587>