

# Human Immunodeficiency Virus Screening

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

Human Immunodeficiency Virus (HIV) screening is required at a C&TC visit once between 15-18 years regardless of risk factors. Universal screening helps identify youth at risk for HIV and provide appropriate follow-up.

### C&TC standards

#### General

Universal HIV screening is required during a C&TC visit at least once between 15-18 years. Offer HIV blood testing to all youth, regardless of reported risk factors.

Test youth who have risk factors for HIV exposure at least annually. Risk factors include multiple sexual partners, lack of barrier protection, another sexually transmitted infection (STI), injection drug use, trading sex for money or items of value, and men who have sex with men.

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 [C&TC Provider Documentation Forms](#) 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 15-18 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

In 2023, youth aged 13-24 made up 20% of all new HIV diagnoses in Minnesota (Minnesota Department of Health, 2024).

Most sexually active youth in the United States do not think they are at risk of getting HIV (Hsu & Rakhmanina, 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.

Universal screening helps identify youth at risk for HIV and who are appropriate for 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 & Rakhmanina, 2022).

### United States Preventive Services Task Force

Universal HIV screening is recommended in adolescence (United States Preventive Services Task Force, 2019).

## 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](#)
- [HIV/AIDS](#)
- [HIV & HIV Screening FAQ](#)

## 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](mailto: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 Provider Documentation Forms](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/idcp/IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=dhs16_150092)  
([http://www.dhs.state.mn.us/main/idcp/IdcService=GET\\_DYNAMIC\\_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=dhs16\\_150092](http://www.dhs.state.mn.us/main/idcp/IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=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#conf1)  
(<https://www.health.state.mn.us/people/childrenyouth/ctc/translation.html#conf1>)

[e/childrenyouth/ctc/translation.html#conf1](https://www.health.state.mn.us/diseases/hiv/index.html)

- [HIV/AIDS](https://www.health.state.mn.us/diseases/hiv/index.html)  
(<https://www.health.state.mn.us/diseases/hiv/index.html>)
- [HIV & HIV Screening FAQ](https://www.health.state.mn.us/people/childrenyouth/ctc/translation.html#hiv1)  
(<https://www.health.state.mn.us/people/childrenyouth/ctc/translation.html#hiv1>)

## References

- Centers for Disease Control and Prevention. (2024). *PrEP (Pre-Exposure Prophylaxis)*. Retrieved from <https://www.cdc.gov/hiv/prevention/prep.html>
- Hsu, K., & Rakhmanina, N. (2022). Adolescents and Young Adults: The Pediatrician's Role in HIV Testing and Pre- and Postexposure HIV Prophylaxis. *Pediatrics*, 149(1). doi:10.1542/peds.2021-055207
- Minnesota Department of Health. (2024). *HIV Incidence Report 2023 Tables*. Retrieved from <https://www.health.state.mn.us/diseases/hiv/stats/2023/inctables.pdf>
- United States Preventive Services Task Force. (2019). Screening for HIV Infection: US Preventive Services Task Force Recommendation Statement. *JAMA*.