

# HIV self-testing: quick and simple



## Your choice

The decision to take an HIV self-test is yours and yours alone. No one else should force you to take an HIV test, either an HIV self-test or any other type of HIV test.



## Private

An HIV self-test can be taken in the privacy of your home or anywhere else that you feel safe. You can take it on your own or with a friend or loved one—it's up to you.



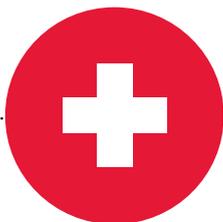
## Simple

An HIV test is quick and painless. A small pinprick of blood from a finger or arm or some saliva is all that is needed. You will usually know your result within 20 minutes.



## Accurate

HIV self-testing gives results as accurate as those given by testing carried out in a clinic.



## Confirmation

An HIV-positive result must be confirmed through a repeat test in a clinic. This is to confirm that the result is correct and to open up linkages to appropriate prevention, treatment and care services.



## Check again

Because of the so-called window period—a period of time after a person is infected with HIV but during which they won't test positive—you should take a second test after 6–12 weeks if there is the possibility that you have been recently exposed to HIV. If you continue to be exposed to HIV, you should consider repeating an HIV test every 6–12 months.



## If you don't understand, ask

If you have any questions about testing or about HIV, you should always ask. Self-testing kits should always be linked to some kind of counselling service, both before and after testing. If in doubt, see a health-care provider.



## Available in many countries— and coming to many more

HIV self-testing kits are available in many countries around the world, from the Islamic Republic of Iran to the United States of America. With more and more countries exploring the possibilities opened up by self-testing, it will be coming to other countries before long.