

Check your status

Test yourself for HIV in private using a quick oral test



HIV self-screening

Knowing your HIV status means you can keep yourself and your sexual partners safe and healthy.

With the new oral HIV self-screening test, you can find out your HIV status in private and on your own time, without the need for a fingerprick.

It is quick, painless and accurate.

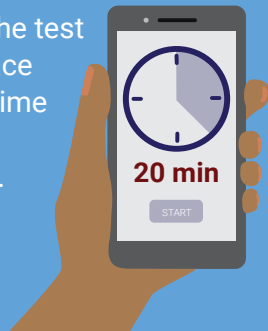
It is your choice to test. You are in control.



All you need is the test kit, a private space and a watch to time the test. It takes only 20 minutes.

If the HIV self-screening test shows an HIV positive

result, you will need to have a blood test done by a healthcare provider to confirm the result.



fast **private**
painless **accurate**

How does it work?

Spit does not have HIV in it but the antibodies the body makes to fight HIV can be found in the mouth. The OraQuick oral HIV self-screening test finds these HIV antibodies.

Learning that you have HIV is never easy. But having HIV, and not knowing that you do, keeps you from treatment that can help you live a long and healthy life.



HIV self-screening is **NOT** right for you if you are:

- On **ARV medication, PEP or PrEP**, as this can give a false negative result.
- **Under 12** – you should rather get a test at a health care facility.

If you are **between 12 and 17**, you should get someone you trust to help you take the self-screening test – like a counsellor, social worker or healthcare provider.





my journey

Get a free self-screening test kit, help from a peer and more information at your My Journey service provider



NACOSA

This information leaflet was created by NACOSA with funding from The Global Fund to Fight AIDS, Tuberculosis and Malaria.

www.nacosa.org.za