

What you need to know about HIV Self-Testing

What is HIV self-testing?

HIV self-testing is when instead of having a nurse or healthcare worker performing the test with you, you can conduct the test yourself in privacy and at your convenience. You can do the test on your own or with your partner. With HIV self-testing, you are performing the test and reading the results yourself.

Why is it important to know my HIV status?

Knowing your status early allows you to continue living a normal and healthy life whether you are HIV positive or HIV negative. For those who are positive, early detection enables early access to treatment and care thereby increasing chances of a healthy life fulfilling life. If the test is negative but you feel at high risk, repeat after 3 months or at least once a year.

How reliable are the test results?

In order to get an accurate result, you must follow all the instructions carefully. If your test shows a **positive** result, you may have HIV and you need to visit a New Start Centre site/outreach or other health facility so that a health care provider can confirm your result. This process allows you to talk to a counsellor about managing your status and facilitates treatment initiation. **A negative result does not have to be confirmed by a health worker.**



Please note:
Do not use the kit if you are HIV positive and on HIV treatment (ARVs) because you may get a false negative result.



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What do I do after self-testing?

New Start mobile teams operating in your community will continue to be available to help you with a variety of health services that you might want to use after self-testing. These include general health checks for men and women such as BP check, body weight checking as well as screening for STIs. New Start also provides family planning and other women health services such as cervical cancer screening. Men can get referrals for voluntary medical male circumcision (VMMC).

In addition, New Start provides confirmative testing in the event that you get a positive self-test result. Other available services include counselling, CD4 cell count, TB screening, referral for treatment and other support you may require confidentially and anonymously. Do not worry, you are not alone and an HIV positive result is not the end now that treatment is available. You can call the CBDA agent, toll-free line or wait for the mobile testing services team.



For more information or for support before, during or after the test
Call TOLL-FREE NUMBER
08 080 117

