

Tips & Tricks for HIV Self-Testing



Thanks for ordering an HIV self-test kit from Test@Home!

Need support? Have questions about the HIV self-test, or HIV in general? Reach out to a Test Now Buddy.

Test Now Buddies are available by phone, text and email to offer peer support and guidance about how to use an HIV self-test correctly. They can also connect you to resources such as confirmatory testing and HIV prevention tools.

Toll Free Call/Text: **1-877-607-2272** Email: **buddies@cbrc.net**



How can I prepare for taking the HIV self-test?

- Watch an instructional video, read the directions carefully, and review this pamphlet.
- Consider talking to a friend, a healthcare provider, or a Test Now Buddy.
- Find a safe environment and make a plan for what you will do after your test.
- You may want to do the test alone, or you may want someone you trust to be with you.

You are welcome to connect with a Test Now Buddy anytime. They can provide support before, during or after you use the test.

GETTING STARTED

- If the test is cold or hot from being outside, let it get to room temperature before use.
- Watch one of the instructional videos and go over the instruction sheet carefully before using the test.
Visit: www.cbrc.net/hivst or scan the QR code.

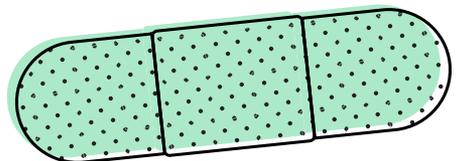


2SLGBTQ+ friendly video



Manufacturer's instruction video

- Have a clean tissue available to wipe your finger if needed.
- Open the bandaid so it's out of the package and ready to use.
- Read the result in a well lit area - even if the dot(s) are faint, it is a valid result.





COLLECTING THE BLOOD SAMPLE

- Dry your hands very well after washing them. Damp hands can make it harder to get the blood sample to drop into bottle #1.
- Remove the cap from bottle #1 **before** pricking your finger.
- Massage your finger towards the tip before the finger prick. Once you've pricked your finger, you can continue to massage it to help with the blood flow.
- Use a **full drop of blood** when testing. To get the blood into bottle #1, gravity and patience can help! Once the blood drop is big/heavy enough, it **will** fall down. Avoid scraping your finger on the bottle.
- Once you add the blood sample to bottle #1, the liquid should be a similar colour to its red cap. If the liquid is pale red, add an extra drop of blood.

What happens if I get an invalid result?

- We know this can make some folks feel anxious. First, double-check the result in a well lit area - even if the dot(s) are faint, it is a valid result.
- If you're still unsure you can try another HIV self-test, or see a healthcare provider and get a standard HIV test.
Visit whereto.catie.ca to find HIV testing options near you.
- Connect with a Test Now Buddy for support.



If your test results are positive, negative, or invalid - you're welcome to reach out to a Test Now Buddy for peer support.

A positive result requires a confirmatory HIV test, where blood is taken from your arm and sent to a lab for testing.



When should I use an HIV self-test?

It takes time for a sexually transmitted infection (STI) to show up on a test. This is called the "window period". No test can detect HIV immediately. The HIV self-test detects HIV antibodies (the body's immune response), not the virus itself. It can take 3 to 12 weeks for a person's body to make enough HIV antibodies for an HIV self-test to detect them. **If you are concerned about a specific incident in the last 72 hours, go to the ER for HIV post-exposure prophylaxis (PEP).**

Pass it on!

- Let people know they can order up to 4 HIV self-tests here: www.cbrc.net/test_at_home
- Help us spread the word by sharing information through social media. Visit the website above for easily shareable promo materials.
- Use the tests yourself, or pass them on to others.

Tell us about your experience



Scan **this QR code** (or the **yellow QR code** on the HIV self-test package) to fill out a short survey about your experience. These programs were designed by and for members of the 2SLGBTQIA+ community. Your feedback will help us advocate for continuing these services.



Thank you to Test Now Buddies for the self-testing tips.

Test@Home is made possible with the support of the Public Health Agency of Canada.

This pamphlet is also available online.
Scan the QR code on this page to view.

