

## HIV Self Test

**These kits are very accurate if they're used correctly:** but it's very important to follow the instructions that come with the kit carefully. Also know that it can take up to three months for HIV to show up in your blood. If you're concerned or confused in any way, talk to your GP, nurse or staff from a sexual health clinic or specialist charity.

**There are lots of ways to test for HIV:** instant result self-testing is just one. It's quick, convenient and can feel more private, but you might prefer to be tested by a health worker. NHS and community HIV tests are free, confidential and can be anonymous. They also give you the chance to be tested for other sexually transmitted infections at the same time, to talk about any concerns you have and to be referred to other services you might need. Just visit your GP, local sexual health service, specialist charity or call NHS Inform.

**If you do want to use a self-test kit, have a think beforehand:** how you would feel and what would you do if the test shows you might have HIV? Do you have questions or want to talk about it with a health worker first? It's also a good idea to figure out where you could go for a follow-up test or for support.

**If your self-test kit result says you have HIV, get it confirmed:** go and get tested by your GP or at a clinic to confirm the result if it's positive. This is standard practice for all HIV tests, and will make sure you get the information, care and support you need quickly. There isn't a cure for HIV but treatment is very effective and people can live long and healthy lives.

**If you get a negative result, it's likely you don't have HIV:** so long as you followed the instructions carefully, you don't need a follow-up test to confirm it. It's a good idea to think about whether you need to be tested for other sexually transmitted infections, though. And remember: test for HIV regularly if you are having unprotected sex, and the best ways to prevent HIV are to use condoms and never share injecting kit.