

How to Use the HIV Self-Test

To watch or listen to a recorded video of these steps, visit:

<https://youtu.be/1G1ia1S7uZo?si=kmWFMAmOLwBOomoY>

To perform this self-test, you may need assistance from a sighted person.

What you should have ready:

- The HIV Self-test
- 1 piece of gauze
- 1 bandage
- 1 piece of paper towel,
- 1 lancet transport container

Step 1. Wash your hands with soap and water and pat them dry.

Step 2. Open the test.

- Lay out the paper towel on a clean, flat surface
- Tear open the test kit on the tear strip
- Lay out the contents of the test kit:
 - Opened test device
 - Bottles #1, #2, and #3
 - Lancet and alcohol pad
- Take the cap off bottle #1 and put it on the paper towel

Step 3. Prepare finger

- Choose the finger that will be poked. If possible, use the middle or ring finger.
- Warm hands by rubbing together or washing with warm water. Focus on the finger that will be poked
- Open the bandage and lay it flat on the paper towel
- Open the alcohol pad. Wipe the fingertip of your chosen finger. Let it dry completely, then move to the next step.

Step 4. Fingerstick

- Remove the protective cap from the lancet by twisting and pulling it off
- Position the palm of your hand facing up on a clean surface.
- Position the lancet on the cleaned fingertip. Choose a spot that is slightly off-center of the fingertip, away from the nail. Avoid calluses or old cuts/wounds.
- Once the lancet is in position, press firmly until you hear a click to puncture the skin.

Step 5. Collect blood

- Lift your hand and point the poked finger downward. Being careful not to touch the puncture site, gently massage your hand/finger until a large droplet of blood forms
- Hold your finger over bottle #1
- Let 1 large drop of blood fall into bottle #1. If unsure if enough blood was used, let a second drop of blood fall into bottle #1.
- Apply pressure to the puncture site with gauze and then cover it with the bandage
- Re-cap bottle #1.

Step 6. Processing sample

- Make sure the cap is firmly on bottle #1. Do not shake the bottle.
- Slowly flip bottle #1 upside down several times to mix.
- Pour the contents of bottle #1 into the circular well of the test device. Allow to absorb completely, then immediately move onto the next step.
- Turn bottle #2 upside down several times to mix. Open and pour the entire contents into the circular well of the test device, then wait for the liquid to absorb completely.
- Open and pour the contents of bottle #3 into the circular well and allow it to absorb completely.
- You will be able to see your results right away (see next page).
- You must read your results within 5 minutes of adding bottle #3.

Step 7. Cleanup

- When you are finished, dispose of the lancet in a sharps container or in the lancet transport container, then return it to a location with a sharps container, for example, a pharmacy.
- Put the remaining test supplies in the garbage.
- Wash your hands again with soap and water.

How To Interpret Your HIV Self-Test

To read the results of your self-test, you may need assistance from a sighted person.

Read Results Immediately

Read the results of your test in a well-lit area within 5 minutes of completing the testing procedure to avoid incorrect results.

When reading the result, ensure the tab of the test device is facing towards you.

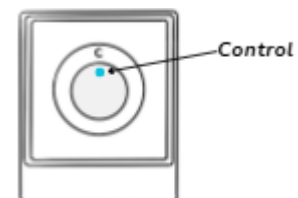
IMPORTANT: Report ALL Of Your Results To The STI Care Now Team

- All test results should be reported to the STI Care Now team. This includes non-reactive results.
- To receive care from the STI Care Now team, you must report your HIV self-test result using the online form:
<https://ocean.cognisantmd.com/intake/IntakePortal.html?eReqRef=f27e7128-8ee1-4983-8fe6-1ca992e8aa39>
- The link to the form was also sent to you in the confirmation email after you completed the intake form.
- If that doesn't work or if you require assistance to complete the form you can also call 1-833-797-7772 between 7:30am and 3:30pm daily.

Interpreting Results

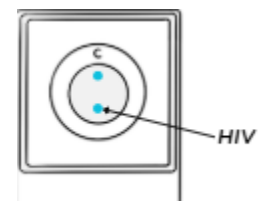
Non-Reactive For HIV

- One blue control dot appears on the top of the circular well of the test device
- This means that the test did NOT detect antibodies for HIV in your sample
- No further testing is required
- Report your results to the STI Care Now Team



Reactive For HIV

- Two blue dots: one control and one HIV dot
 - Note: one dot may be darker than the other
- This means HIV antibodies are detected in the sample and further testing is required to determine if you have an infection

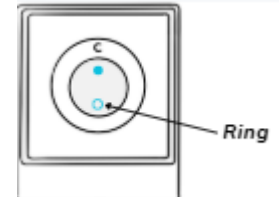


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- Report your results to the STI Care Now Team for further testing to determine if you have an infection

Indeterminate Results

- The control dot and a blue ring in the HIV test area
- This means that the test was not able to determine whether you have an infection or not
- Report your results to the STI Care Now Team for further testing to determine if you have the infection. You may request another HIV self-test online, by calling 1-833-797-7772, or at a partner location.



Invalid Results

- No dots, only blue dots in tests area or blue specks
- This means that the test was run incorrectly, or not enough blood was added
- Report your results to the STI Care Now Team for further testing to determine if you have an infection. You may request another HIV self-test online, by calling 1-833-797-7772, or at a partner location.

