

**HIV self-tests give you
the power to decide
when and where to test.**

LET'S STOP HIV TOGETHER



Ending
the
HIV
Epidemic



Knowing your HIV status empowers you to make the best decisions for your health.



HIV rapid self-tests are a fast and easy alternative to in-person testing. HIV self-tests allow you to get tested in your own home or other private location.



No matter your test result, there are steps to keep you healthy and people waiting to support you. If you do not have HIV, you can choose the prevention options that work for you, like pre-exposure prophylaxis or PrEP. If you test positive, you can get on treatment. HIV treatment allows you to live a long, healthy life and prevents transmitting HIV.



HIV self-tests are done in 3 easy steps. Run the test swab across your gums to collect an oral fluid sample. Insert the swab into the test tube. Get your result in as little as 20 minutes.



There are different ways to get an HIV self-test. Many health departments and organizations provide free self-tests. You may be able to order free self-tests online or purchase a self-test at a pharmacy.

**LEARN MORE ABOUT SELF-TESTING
AND HOW TO GET FREE HIV SELF-TESTS.**



cdc.gov/HIVselftesting