HIV self-testing is where a person collects his or her own specimen (oral fluid) and then performs an HIV test and interprets the result, often in a private setting, and either alone or with someone he or she trusts.

How does it work?
OraQuick self-testing detects the presence of HIV antibodies collected from your mouth, specifically, the buccal cells of your upper and lower gums.

Is it painful?
Not at all! The sensation is akin to moving a finger along the gum lines.

How well does it work?
The OraQuick test provides accurate results and it is recommended by the World Health Organization and Ministry of Health.

How long does the test last?
The OraQuick test takes 20 minutes.

Why should I take a self-test?
• Knowing your HIV status is important for your health, relationships, and your future.
• An HIV self-test is one of the methods you can use to know your HIV status safely and confidentially.
• Knowing your HIV status means you can protect yourself and keep yourself HIV-negative. Remember this is a screening test, you have to go to the nearest facility for confirmatory test.
• Knowing your status now means that you can take steps that will help you live a long, healthy life.

What should I do if I get one-row test results?
If you get a one-row result, it is interpreted as HIV negative.

To avoid infection at all times:
• Practice safe sex and use a condom every time during sex
• Be faithful to your partner
• *Use PrEP if you have sexual relationships with multiple partners or are in a discordant relationship (with someone who may be HIV-positive or has an unknown status)*
• If you are an uncircumcised male, consider male circumcision to reduce your risk of contracting HIV infection.
• Remember, everyone has the right to refuse unprotected sex and you may be eligible to use PrEP if you are uninfected – speak to your health care worker.

What should I do if the HIV test results are unclear?
If your HIV test results are unclear, you should have another test conducted by a health care worker.

Where can I get OraQuick equipment for self-testing?
You can find OraQuick kit or facts about HIV prevention, care, and support at your nearest clinic.

For further questions about self-testing:
Visit or ask a health care worker at your nearest clinic.

EGPAF-Lesotho
LCA Office Complex
30 Princess Margaret Road
Old Europa
Maseru, Lesotho

Phone: +266 22251100
Fax: +(266) 22312729

HIV SELF-TEST:
KNOW YOUR STATUS
HIV self-testing is a great way to test yourself, at your convenience and discretion, and know your status.
**How Do I Test Myself?**

**What is Needed**
- OraQuick kit
- Private space
- Timer

**Can I use self-test if I am on antiretroviral medications (ARVs)?**
No, testing for HIV is not suitable for people taking ARVs. If you are living with HIV and are taking ARVs, the test may give you false-negative, as the ARVs would likely be suppressing your virus (as it should).

**Can I use a self-test while I am on pre-exposure prophylaxis (PrEP)?**
No. If you are taking PrEP, the test may be wrong and give you a negative result even when you have HIV. PrEP can similarly reduce a viral load to an undetectable level among those who may be HIV-positive. Consult your health care provider for routine clinical testing every three months while on PrEP.

**Am I allowed to use a self-test kit for my child?**
Caution! The OraQuick should be used by individuals 18 years and older. Those between 12 to 17 years of age should test under the guidance of adults. Children under 12 will only be tested by health care workers in the facilities with caregiver consent.

**I have been exposed to HIV infection less than 72 hours ago, can I use the self-test?**
Yes! But it takes at least 12 weeks for the presence of HIV to be detectable. If you have had recent exposure (within the last three days), visit a health facility to access post-exposure prophylaxis (PEP), which will reduce your risk of infection, if taken as soon as possible post-transmission. At 12 weeks, you should HIV self-test or clinic test to verify your status.

**Is the self-test kit capable of diagnosing other infections?**
No, the self-test can only detect HIV antibodies and not detect other diseases.

**Results**
- One C-Line and One T-Line = HIV-positive
- One C-Line = HIV-negative
- No line = Test is invalid

**Please note:** The HIV-positive result needs to be confirmed at your nearest clinic or at the community testing tents where they provide counseling and testing services.

**Know your Status**

**Is HIV self-testing the right choice for me?**
Self-testing is a convenient method to know your HIV status. Self-testing is a very acceptable, accurate, and confidential approach to protecting your health and the health of those you love.

- You can conduct a self-test at any time you want: during the day or at night
- You can conduct a self-test with anyone you want: alone, or with a friend, partner, or health care worker.

**Why should I do a mouth swab test, can HIV pass through saliva?**
No, HIV is not passed through saliva. Oral HIV self-testing is considered a screening test for the presence of HIV antibodies or antigen – your body’s reaction to HIV.

Remember: HIV can be transmitted through unprotected sexual intercourse (vaginal or anal), and oral sex with an infected person; transfusion of contaminated blood; and the sharing of contaminated needles, syringes, surgical equipment or other sharp instruments.

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No, the self-test can only detect HIV antibodies and not detect other diseases.

**What should I do if I get a two-row result?**
If you get a two-row result, which is interpreted as HIV-positive, you should make sure you have another confirmatory test performed by a health care worker at your nearest facility or testing center. If another test confirms that you are HIV-positive, you will be enrolled on life-saving and lifelong antiretroviral therapy, which will ensure your good health and reduce the risk of transmitting the infection to others.

1. Place the flat end of the swab in the mouth to collect fluid along the upper and lower gums.
2. Place the swab in the developing solution, as instructed.
3. Wait for 20 minutes and then read results.
4. If your result is positive, contact your nearest health care facility to help you verify results. If you are negative, ask for HIV prevention information.