1. **Wash and dry hands. Check expiry date before you open the foil pouch.**

2. **Massage your finger for 5 to 10 seconds.**

3. **Gently turn and take out the green tab, then discard it.**

4. **Push grey button in to prick finger.**

5. **Place test on instructions next to results.**

6. **Squeeze firmly behind prick site to get blood.**

7. **Fill blood tube with blood. If blood tube isn’t full, squeeze finger and add more blood.**

8. **Hold test on table. Now flip blood tube over to the well.**

9. **Add 4 drops in the well.**

10. **Wait 15 minutes before reading the result. Do not wait more than 20 minutes.**

**Results**

- **HIV negative**
  - If one line appears at the C, you tested HIV negative.
  - There must be no line at the T.
  - This is a screening test.
  - Test again after 3 months.
  - See included support card for additional information.

- **Test did not work**
  - If no line appears at the C, the test did not work.
  - This is a screening test.
  - Go to a clinic for further testing.
  - See included support card for additional information.

- **HIV positive**
  - If two lines appear, even if faint, you tested HIV positive.
  - This is a screening test.
  - Go to a clinic for further testing.
  - See included support card for additional information.

**Important**

- Do not open the foil package until you have read the instructions and are ready to take the test. Use immediately upon opening.

- It only pricks once!

- Push hard

- Push grey button in to prick finger.

- Blood tube

- Grey button

- Green sterility tab

- Tissue or wipe

- Test fluid bottle

- AIDS

- HIV

- syphilis

- blood tube

- HIV negative

- HIV positive

- Test did not work

Watch the video: simplitudebyme.com

**IMPORTANT**: If your finger is still bleeding, wipe with a tissue or use an adhesive bandage.

Carefully match your result with the options.

For more information on HIV, turn over page.
About Your Result

You should go to your doctor, HIV clinic or emergency department as soon as possible, and within 72 hours, as you may be able to access a course of medication called "PEP" (Post-Exposure Prophylaxis) to prevent you from becoming HIV positive.

Summary of the Test

The HIV Self Test is comprised of a paper test strip and a bottle of test fluid. The test is performed by placing a small drop of blood on the test strip and then applying drops of test fluid over the blood. When combined, the two lines can appear on the paper strip. A visible control line indicates that the diluent was added correctly and that the test reagents are functioning correctly. The Test Line will only become visible if the applied sample contains antibodies to HIV.

Interpreted Use

This is a single-use, immunochromatographic, rapid in-vitro diagnostic test for the detection of antibodies to Human Immunodeficiency Virus Type 1 (HIV-1) and Type 2 (HIV-2) in whole blood.

The HIV Self Test is intended to be used by untrained lay users in a private setting as a self test to aid in the diagnosis of infection with HIV-1 and HIV-2 from samples of fresh, whole blood obtained through a finger stick blood collection technique. The device requires a sample size of 10µL.

The test result is qualitative ("your test is positive" or "your test is negative") and not for screening blood donors.

About HIV

What is HIV?

"HIV stands for Human Immunodeficiency Virus. It is a virus that targets the immune system and over time reduces the body’s ability to fight infection. If left untreated, HIV can lead to Acquired Immune Deficiency Syndrome (AIDS). There is no cure for HIV or AIDS, but with correct medical treatment it can be managed as a non-life threatening condition. With early diagnosis and treatment, the life expectancy for someone with HIV can be similar to that of a person who does not have HIV.

What are the signs and symptoms of HIV?

The only way to know if you have HIV is to have an HIV test. It is important to know your status to help prevent the virus from going to others.

How is HIV acquired or passed on?

Certain body fluids from a person who has HIV – including blood, breast milk, semen, rectal fluids and vaginal fluids – can transmit HIV. Transmission can occur if these fluids come into contact with a macrophage (found inside the rectum, vagina, penis or mouth) or damaged tissue, or are directly injected into the bloodstream (by a needle or syringe). HIV can also be transferred from an HIV positive mother to her child during pregnancy or childbirth. HIV risk events include:

- Unprotected sex with someone who has HIV whose status is unknown.
- Unprotected sex (vaginal or anal) with multiple partners.
- Using non-sterile needles or injecting equipment.

HIV is NOT transmitted by casual contact (shaking hands, sharing a glass, etc.), kissing, saliva, tears, sweat, or air or water.