

At-Home HIV Screening

Howard Brown utilizes the *In-Home HIV Test* kit by *OraQuick*. This is an oral swab device and results are complete within 20 minutes.

When you receive this device, please email PreventionSupply@howardbrown.org or call 773.388.1600 ext. 2991 to schedule a brief assessment with a Howard Brown Health Educator. The assessment will occur via the online Zoom platform. This assessment allows for the test result to be captured and entered into your medical chart as well as our online platform for your future review and use. The short call via Zoom will include the following steps:

- Demonstration of how to use the testing device
- HIV Screening and Risk Reduction Counseling
- Explanation and education on how to interpret the screening result
- Referrals to other related services that may be requested by you, or recommended by the Health Educator
- Recording the result in your medical chart

We recognize that some people may feel a little anxious when taking an HIV test. Below are some pointers to help you prepare to take the *OraQuick*® In-Home HIV test.

Here's your checklist when getting ready for the test:

- Do not eat, drink or use oral care products (such as mouthwash, toothpaste or whitening strips) 30 minutes before starting this test.
- Remove dental products such as dentures or any other products that cover your gums.
- Find a quiet, well-lighted place where you can be for at least 20 minutes.
- Always use the directions in the test kit to help read your results correctly.
- If you use glasses to read, you will need them for taking this test.
- Read the information on the back of the outer carton box.
- Have a timer, watch or another time keeping tool that can record time for 20 to 40 minutes.
- It may be helpful to have access to a phone to speak directly with someone you identify as a support person.

Other important information:

- You must be 17 or older to use this test.
- If you're living with HIV or taking preventive treatment for HIV like PrEP, the *OraQuick* test is not meant for you.
- If you've participated in an HIV vaccine clinical trial, you may get a positive result using this test, but it may not mean that you are infected with HIV. You should seek follow-up with the research group.

Don't use the test if:

- The tamper-evident seal has been broken or if any of the package contents are missing, broken, or have been opened.
- The expiration date of the test is past the date printed on the outside of the box.
- The test has been exposed to household cleaning products.
- The test has been stored outside the acceptable temperature of 36°-80° F (2°-27°C).

Reading the test result

The window period:

The window period is time between HIV infection and the point when the test will give an accurate result. Remember, this test detects HIV infection if used 3 months after a risk event. That's because *OraQuick* tests for HIV antibodies, and it takes your body up to 3 months to produce these antibodies at levels that can be detected by this test. During the window period a person can have HIV but still test HIV negative. The window period for the *In-Home HIV Test* kit by *OraQuick* is 3 months.

Interpreting your result:

To interpret your test result, compare your test stick to the pictures and descriptions below. A health educator can also help you interpret the results during your zoom consultation.

NEGATIVE

If there's one line next to the "C" and no line next to the "T," your result is negative.

POSITIVE

If there are two lines, one next to the "C" and any line next to the "T"—even a faint line—you may have HIV.



Whether your results are positive or negative, we're here to help you with what you need to do after you get your results

If your result is negative:

If it has been at least 3 months since you have had a risk event and you followed the directions carefully, then you likely do not have HIV.

If your test result is negative and you engage in activities that put you at risk for HIV, you should test regularly.

If your result is positive:

If your result is positive, there are a couple of important things you should do next. A health educator can support you with these steps.

Howard Brown will connect you to a linkage to care specialist, so that you may be connected to a confirmatory screening as well as engaged in primary medical care. It is important that you have confirmatory screening and linkage to care done in a timely manner.

Survey

After your test, Howard Brown asks that you take a moment to fill out our satisfaction survey. This will allow us to ensure that you receive the best possible at home screening: surveymonkeys.com/r/VLQWVF3



You can use the above link or open your camera on your smart phone or tablet device and point it at the QR code above. A pop up will show up and you can then access the survey.

HIV and STI Prevention

HIV can be spread by direct contact with certain fluids from a person living with HIV: blood, semen (including pre-cum), vaginal fluids, rectal fluids, or breastmilk. Direct contact means vaginal or anal sex, or sharing needles or syringes.

STIs (sexually-transmitted infections) can be spread by contact with infected body fluids such as blood, vaginal fluids, or semen. They can also be spread through contact with infected skin or mucous membranes, such as sores in the mouth. You may be exposed to infected body fluids and skin through vaginal, anal or oral sex.

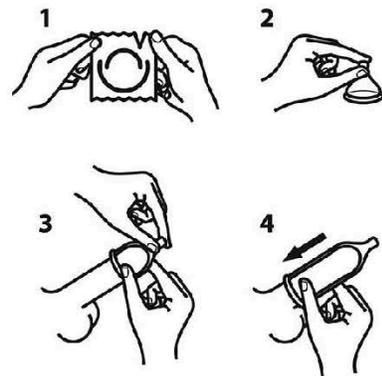
Here are some ways you can reduce the possibility of HIV/STI infection through sexual contact:

HIV risk reduction

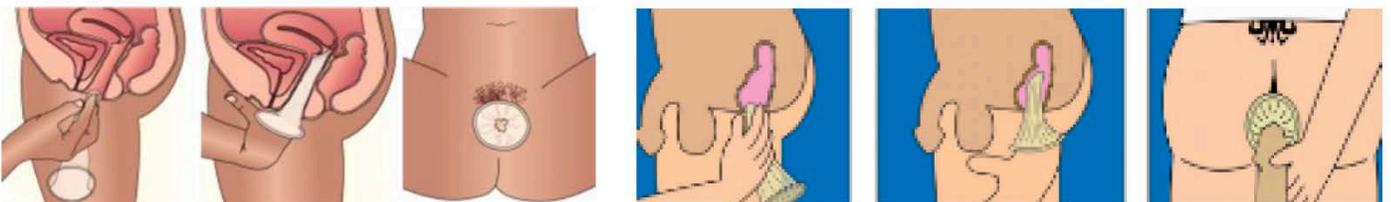
- Abstaining from sex
- Using condoms
- Reducing the number of sexual partners
- Taking PrEP, a once-daily pill that prevents HIV infection
- Knowing your HIV status by getting screened
- Knowing your sexual partner's HIV status
- U=U: Undetectable = Untransmittable. If someone is living with HIV and has a viral load that is undetectable, they cannot pass the virus to others through sexual contact
- Using plenty of water- or silicone-based lubricant to reduce friction and small tears that can happen inside of the vagina or anus during penetrative sex
- Using a new, clean needle or syringe every time before injecting substances and clean "works" (also prevents Hepatitis C infection)

STI risk reduction

- Abstaining from sex
- Using condoms and/or dental dams
- Reducing the number of sexual partners
- Getting screened for STIs regularly, especially if condoms aren't used
- Asking your sexual partner when they were last tested for STIs
- Getting vaccinated for HPV



External condom. Pinch the tip and roll down.



Internal condom. Pinch the ring and place inside of the vagina or the rectum.