

WHY TEST FOR HIV?

- HIV is now a treatable condition
- Getting tested can protect your life and your partner's
- The only way to know if you have HIV is to be tested

What will the test say?

The test will either tell you that you don't have HIV (negative) or that you might have HIV (reactive).

If you get a reactive result you need a second test in a clinic to check it. If you do have HIV you will get free treatment here in Wales. The sooner you start treatment the better.

Benefits of HIV treatment

- You can expect to live as long as anyone else
- When the HIV is so low that we cannot find it in your blood ('undetectable') you can't pass HIV on to anyone else
- You can have healthy children in the future

I would like help getting or taking the test

Speak to someone at the agency where you picked up this leaflet, or to someone at THT.

They can help you fill in the questions you will be asked (confidentially) before you can order the kit, and they can help you take the test if you like.

If you want to know more before deciding whether to test, you can talk to:

THT DIRECT > 0808 802 1221



Test and Stay Well



HIV testing and treatment in Wales is...

FREE



QUICK



CONFIDENTIAL



Get your free test kit!

HOW DO I GET A TEST?

You can order a free test online from Frisky Wales at:

bit.ly/HIVWales

(and tests for many other things)

You will be asked for contact details (you can use this agency as an address if you don't have a secure one of your own) and a few other questions.

This is confidential, but if you have any problems understanding the questions you can ask a member of staff to help you answer them, or you can call Terrence Higgins Trust on:

0808 802 1221

HOW DO I DO THE TEST?

It involves a finger prick test to obtain a small drop of blood.



What support is available?

There are videos on YouTube that show you how to do it.



Opening the box:

youtube.com/watch?v=YaHLLuyVyDo

Doing the blood test:

youtube.com/watch?v=FrJyUvsN8C8

Ask the staff here to help you if you do not have access to the internet or would like someone to help you do the test.

What if I don't have a smartphone or access to the internet?

Ask for help from a member of staff here. They will help you get online and order a test.



What if I don't have a secure home address?

You can ask for the test to be sent to you care of this agency and you can collect the results from them too.

IS THIS CONFIDENTIAL?



Yes. The test centre will not share your contact details with anyone else. This is a confidential service.

If you are an asylum seeker, they will not share your information with the Home Office.

I want to take a test and I am happy to do it myself



You can order online from the link (top left) but they will need a secure postal address to send the kit to. If you don't have one, you can ask the agency where you got this leaflet to accept the post for you.

Speak to a member of staff in advance to make sure you get the kit straight away.