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Hiv test home

Hjem > Nyheter > Nå kan du få anonym selvtest for hiv
I disse dager lanseres et nytt selvtest-tilbud hvor du kan få en selvtest sendt anonymt hjem til deg. Prosjekt er et samarbeid mellom HivNorge, Helseutvalget, Skeiv Verden og Kirkens Bymisjon, og retter seg spesielt mot utsatte grupper som kan ha økt risiko for hiv og som sjelden tester seg. Bestilling av selvtest hjem gjør man via hivtest.no, eller så kan man ta kontakt med en av organisasjonene. På hivtest.no er det en anonym chat-funksjon hvor man kan få råd og veiledning for bestilling av selvtesten. Her finner du og åpningstider og annen informasjon for tilbudet, samt informasjon om andre relevante tilbud. Tilbudet retter seg spesielt mot grupper som har økt risiko for hiv og som sjelden eller aldri tester seg. Det er derfor slik at ikke alle som ønsker kan få en selvtest hjem. Blant gruppene som prioriteres for selvtest er menn som har sex med menn, personer med minoritetsbakgrunn, transpersoner og personer som selger sex. De som allerede har testet seg på hiv ved andre klinikker eller tilbud vil ikke kvalifisere, da de allerede har et tilbud å benytte seg av. Les mer og bestill selvtest her.
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Etter hvert som vi blir eldre, opplever mange å få livs- eller aldersrelaterte sykdommer. For mennesker som lever med hiv, kan medisiner for disse ha interaksjoner med hivbehandlingene. Kosttilskudd, mat og rusmidler kan også ha interaksjoner med noen andre om det, men nå kommet dit i livet at de ønsker å treffe andre i samme situasjon.
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Å få en hivdiagnose kan for noen oppleves overveldende, med mange spørsmål og følelser som kan melde seg. Andre kan ha levd en stund med hiv, uten å ha snakket med noen andre om det, men nå klar over.
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HIV.gov states that an estimated 1.2 million Americans are living with HIV.The CDC recommends that people in the U.S. between the ages of 13 and 64 years get tested at least once. The CDC also states that people with higher risk factors for HIV should receive testing more often, including individuals who:have sex without condomshave sex with multiple partners, particularly those that may have acquired the infectioningest drugs using shared needlesA person can choose from two types of at-home HIV tests:Mail-in kit: These kits typically include a finger prick and packaging to send the specimen into a lab for testing. The labs then send the results to a website, app, or a person’s doctor directly. They may also include expert analysis.Rapid self-test: These tests do not require sending a sample. Instead, a person can take an oral fluid sample for results within 20–40 minutes.A person can purchase either type at a pharmacy or online. However, a person’s state of residence may affect which tests are available.How do at-home HIV tests work?Each HIV test may work differently depending on the brand.A test stick to collect a saliva samplea test tube for the test stickesting directions and information bookletsa disposal bag telephone numbers for consumer supportAccording to the FDA, the test requires a person to swab their upper and lower gums. Once they collect a sample, they place the stick into the test tube. The test then provides a negative or positive result within 20–40 minutes. While positive results do not necessarily mean a person has contracted HIV, an individual receiving a positive result should contact a doctor for further testing and advice on the next steps.Other tests require a person to take a small sample of blood, often from their finger. They then need to send the sample to a lab that processes the results and shares them, often through an app or website login.Do they work, and are they reliable?At-home HIV tests may provide an effective tool to test for possible HIV exposure. A 2019 review into the benefits of home HIV tests took the following advantages: early identification of acute HIV infectionincreased likelihood that individuals would take preventive action against HIVa reduction in sexual behaviors that put a person at risk of HIVA 2018 study concluded that home HIV tests should become a staple option to increase the number of people being tested and empower those wishing to take an HIV test.According to a 2018 review, there has been much debate over the effectiveness of home HIV tests. However, the review found that the majority of people could use the test accurately at home.The FDA says that the approved OraQuick test is only effective after 3 months following exposure to the virus, and around 1 in 12 people will receive a false negative.A person should contact a doctor if they receive a positive test to confirm the results and discuss any required follow-up treatments.Other tests may have similar reliability scores. If a person has concerns about their results, they may wish to undergo a new test or contact a doctor.There are several at-home HIV tests available — each offers similar services and vary on price and testing procedures.Best for a comprehensive test: LetsGetCheckedLetsGetChecked offers a variety of home tests that they send directly to a person’s home. Learn more about LetsGetChecked.The company offers an HIV test as part of two different assessment bundles: The Standard 5 bundle tests for HIV, chlamydia, gonorrhea, trichomoniasis, and syphilis. The Complete 8 tests for HIV, chlamydia, gonorrhea, trichomoniasis, syphilis, Gardnereia, mycoplasma, and ureaplasma.The company advises people to take the test in the morning and send their samples back to the LetsGetChecked laboratories on the same day.The company also claims that a person’s privacy is protected, as they send the tests using discreet packaging, while results are available to customers via their secure online account.Each testing pack provides complete instructions for the test and how to return samples to the lab.Price: The cost of LetsGetChecked Home HIV Testing starts from \$149.Best for fast results: OraQuick In-Home HIV TestOraQuick is the first FDA-approved home HIV test. According to the company, the test is the same that healthcare professionals have used for many years.A person needs to use an oral swab to perform the test. They take a sample at home, and results are usually available within 20–40 minutes.An individual’s purchase of this HIV test is kept confidential on bank statements, and the company sends the tests using discreet packaging.According to OraQuick, shipping takes 2–10 days.A person should consult their doctor about any positive HIV test results, as they may need to undergo additional assessments to confirm.Price: OraQuick In-Home HIV Test costs \$38.99.Best for lab collection: Health Testing CentersHealth Testing Centers offers a large variety of home HIV tests. A person can choose from single HIV tests or packages that include testing for HIV and other STIs.The company claims that its test is the type the CDC recommends.Health Testing Centers also says the single HIV test works within 18–45 days following exposure to the virus.Once a person selects the test they want, they choose which lab they wish to send their test to once completed.Individuals can collect the test in person from the lab or receive it in the mail. Once they complete the test, they need to send the sample to their nominated lab, after which they should receive their results within 1–3 business days.Price: Health Testing Centers HIV tests start at \$79.Best for subscribing and saving: myLAB Box myLAB Box offers an HIV Home Test along with several other kits for checking for STIs. The test requires a person to take a blood sample via a finger prick and send the sample to the lab. The company states a person will receive their results within 2–5 business days.People interested in the test can choose between a one-time order or a subscription. A subscription may save money long term, especially for those who may have a higher risk of exposure.Additionally, myLAB Box offers a physician consultation upon a positive test result.Price: myLab Box HIV test kit costs \$79.Best for a more affordable test: Everlywell HIV TestEverlywell offers a variety of at-home tests, including an HIV test.Learn more about Everlywell.This test requires a finger-prick blood sample. Individuals then send their sample to a certified lab. The company will disclose the results within a few days of receiving the sample via a secure portal on its website.People can purchase a one-off test kit. Additionally, they can become a member of Everlywell and receive a small discount on all test kit prices.Price: Everlywell HIV Test costs \$49.When should you take a home HIV test? The CDC recommends everyone aged 13–64 years receive HIV testing at least once if they are at low risk of contracting HIV. Those at higher risk may wish to get tested more frequently.The CDC also recommends that individuals ask themselves several questions about their behaviors and get tested if they answer yes to one or more of the questions:Have they had recent sexual intercourse with someone with HIV?Have they had any sexual partners since their last HIV test?Are they a male who has had sex with other males?Have they shared needles while injecting drugs?Have they exchanged sex for drugs or money?Have they had a previous diagnosis of hepatitis or tuberculosis?Have they had a diagnosis of or treatment for another STI?Have they had sex with people who could answer yes to any of the above questions?Learn about HIV screening here.A person who engages in sexual contact with several people or uses recreational drugs with others may need to be aware of the initial HIV symptoms.Not all individuals with the virus will show symptoms. However, if a person does develop symptoms, they can include:Symptoms can occur within 2–4 weeks after exposure to the virus and may last a few days to a few weeks.Learn more about HIV symptoms here.When to speak with a doctorA positive HIV result does not necessarily mean a person has contracted the virus.Instead, these results indicate that individuals should consult with a doctor and undergo further testing if they do not want to speak with a healthcare professional if they experience flu-like symptoms within 2–4 weeks of potential exposure to the virus.Frequently asked questionsThe following are the answers to some common questions about HIV home tests:Who should use at-home HIV testing? According to the CDC, everyone should get tested at least once between 13–64 years.However, people who may be at higher risk of contracting HIV should have regular testing. Risk factors that may indicate a person needs more frequent testing include:having multiple sexual partnersharing needles for injectable drugshaving a history of STIsmales who have sex with malehaving a history of TB or hepatitishaving sex of any kind with someone living with HIVexchanging sex for drugs or moneyAdditionally, people who have sex with a person who has these risk factors is also at a higher risk of contracting HIV.How often should I test myself for HIV? According to the CDC, a person should test for HIV at different intervals depending on different factors, including their age and sexual orientation.Everyone 13–64 years of age should receive HIV testing at least once during their lifetime. People who are pregnant should also receive HIV testing in early pregnancy, and people who meet certain risk factors may require further testing.Males who have sex with males should receive testing for HIV at least once per year. Some people may require more regular testing, such as once every 3–6 months.Additionally, people who share or use needles for injectable drugs should receive HIV testing once a year.Are at-home HIV tests accurate?The accuracy of an at-home HIV test can depend on how closely a person follows the test kit instructions. Inaccurate results can occur if a person collects a sample incorrectly.Research suggests that home HIV testing has an accuracy rate of around 92%. In comparison, tests in a doctor’s office are accurate 99% of the time.Oral rapid tests can produce false positives in 1 out of every 5,000 and false negatives in 1 out of every 12 tests.A person should follow up with their doctor after any at-home tests, especially if they believe they did not receive accurate results.HIV tests may help people detect and begin treatment for HIV. Currently, there is one FDA-approved test — the OraQuick In-Home HIV Test, but other nonapproved tests are available to purchase online.A positive HIV test result does not necessarily mean a person has contracted HIV.An individual may wish to follow up with a doctor after receiving a positive HIV result, particularly if they believe they are at a high risk of acquiring the virus. Download Article Download Article Deciding to take an HIV test is an act of strength in and of itself, so give yourself a pat on the back for taking active steps to manage your health. If you or anyone you have had unprotected sex with is experiencing early symptoms of HIV, it’s wise to get tested. Getting a mouth-swab or finger-prick test kit is a good choice if going into a medical facility seems too scary or overwhelming. Know that being HIV-positive doesn’t mean your quality of life will drop—it’s also tons of resources available to support you and your health. In fact, many people living with HIV go on to lead lives full of joy and love! 1 Don't eat, drink, or use oral hygiene products 30 minutes before taking the test. Set a timer on your phone for 30 minutes before you want to take the test and don't eat or drink anything during that time. It's also important to avoid brushing your teeth, flossing, or using mouthwash or whitening strips 30 minutes before the test because the chemicals can affect the accuracy of the test.[1] If you wear dentures, a retainer, or any other dental product that covers your gums, take it out before the test. Note that this test is not intended for people who are under 16 years of age, confirmed HIV positive, on HIV treatment, or taking part in an HIV clinical trial. Take some time for yourself to breathe deeply and recite positive affirmations to quell any anxiety or fear you may have about taking the test. Tip: Currently, the OraQuick In-Home HIV Test is the only at-home test kit approved by the CDC and the FDA.[2] 2 Check the expiration date and read the kit's instruction manual. Before you break the tamper-proof seal to open the kit, look at the bottom to ensure the expiration date hasn't passed. The first thing you see when you open the kit will be a detailed instruction booklet. It has important information about taking the test and interpreting the results, so be sure to give it your full attention. [3] Oral swab kits typically include a test stick, vial, directions, and 2 information booklets about HIV. If the seal is broken or if the kit is expired, call the customer support number on the box or, if possible, take it back to the pharmacy where you bought it. Advertisement 3 Take the test tube out of the sealed packet, keeping it upright. Slide open the base of the kit and remove the packet containing the test tube. Use your fingers to carefully tear open the packet at the tear crease located 1 inch (2.5 cm) from the top. Take the tube out and hold it upright to avoid jostling the liquid inside.[4] If the kit doesn't have a sliding drawer, look for the package containing the test tube (it may have the number "1" on it). The liquid in the tube blends with your saliva, allowing the compounds to travel up the testing stick to the pigments in the results window. 4 Pop off the cap of the tube and place it in the holder inside the lid of the kit. Grasp the tube between your fingers and palm and use your thumb to gently pop the cap off of the tube. Place the opened tube upright in the holder that has "test tube holder" printed on it.[5] Don't try to twist the cap open. Depending on which kit you have, the holder may be located in a different part of the kit. If some of the liquid spills out, discard the kit and use another one. 5 Remove the test stick from the packet. The packet holding the stick will be located in the same drawer where the test tube packet was stored. Tear off the top of the packet and take out the stick. The pad is exposed, so don't touch it with your fingers and don't let it touch anything else.[6] If the test pad accidentally comes in contact with any surface, discard it and get another test kit. 6 Swipe your upper and lower gums once with the pad. Hold the testing stick like you would a toothbrush and swipe the pad along your top gums, moving it from your left molars to your right molars. Do the same on your bottom gums.[7] Don't swipe more than once on each gum line because it could skew your results. It may be easier to use one side of the pad to swipe your top gums and the other side to swipe your bottom gums so you don't have to flip the testing stick. It won't affect the accuracy of the test. 7 Insert the test stick into the test tube and set a timer for 20 minutes. Place the stick pad first into the testing tube so it's resting in the mold above the test tube holder in the lid of the kit. Set a timer on your phone for 20 minutes or record the time on a notepad.[8] Make sure the test window is facing you so you can read the results. The window of the testing stick will turn pink for a few minutes after being inserted into the tube. If your kit has a fold-out cover to block the view of the test window, use the cover the results. You don't have to do this, but it may help if you're tempted to anxiously stare at the results window. Use the 20 minutes to meditate, read, journal, stretch, or do anything that relaxes you. 8 Read your results after the timer goes off and within the next 20 minutes. After the timer goes off, you'll have 20 minutes to read your reading. After that, the line on the test stick will overdevelop and skew the results. For instance, if you've started the timer at 3:05 PM, you can check your results any time between 3:25 PM and 3:45 PM.[9] A single line next to the "C" (for "control") and no line next to the "T" (for "test") means your test is negative. If there are 2 lines next to the "C" and "T", your test is positive. Even a faint second line counts as a positive reading. The results window will show a line next to the letter "C" whether it's positive or negative. If no lines appear on either marker, your test is defective and you'll need to repeat the test with a new kit. Most kits come with an opaque disposable bag in the drawer so you can discreetly dispose of it in any trash can. 9 See your doctor to get a second test to confirm a positive result. If you got a positive reading from the at-home kit, there could be a slight chance that it was a false positive. To help you through it, talk to someone you trust about any emotions you might be feeling about the possibility of being HIV-positive. When you're ready, schedule a doctor's appointment or go to an HIV testing clinic to get another test to make sure.[10] To find a testing center, call 1-800-CDC-INFO (232-4636)[11] or text your zip code to "KNOW IT" (566948).[12] Getting a positive test result can often trigger depressive phases or psychological disorders like PTSD, so consider seeing a psychologist or doing group therapy to help you rise above any symptoms you might experience.[13] Advertisement 1 Place the test kit on a flat, clean surface. Since you'll be dealing with blood, it's important to place the testing kit on a sanitary surface. Use a disinfecting cleaner to wipe down a table or kitchen counter beforehand or lay out a layer of clean paper towels.[14] Make sure no children or pets have access to the area for the 20 minutes it'll take to complete the test. The box will come with a sealed package, alcohol swab, lancet, and a dropper-bottle of buffer. Make sure all the parts are present, unopened, and undamaged.[15] Currently, Home Access HIV-1 Test System is the only brand of finger-prick home testing that's approved by the FDA and the CDC.[16] Check the expiration date on the back of the sealed packet containing the test assay. Tip: Note that HIV tests can only pick up on HIV antibodies 45 to 90 days after exposure, so if you think you've been exposed more recently, see your doctor or visit a testing center to get an accurate result sooner.[17] 2 Wash your hands with soap and warm water. Use a full pump of soap and rub your hands and fingers together to work up a good lather. Dry your hands with a clean paper towel. You'll be puncturing your skin, so it's important that your hands are free of germs and debris.[18] Don't use hand sanitizer because it won't wash off grime and debris like soap and water will. 3 Wipe the tip of your middle or index finger with the sterile alcohol swab. Remove the alcohol swab from its package and wipe your chosen finger with it for a good 15 seconds. Wait at least 30 seconds for your skin to dry completely.[19] It's best to use your index or middle finger on your non-dominant hand so you can use your dominant hand to collect the blood. 4 Puncture your finger with the lancet. Twist the protective cap off the lancet and hold the puncturing end firmly against your clean finger. Push down until you hear a pop and then set the lancet aside. You should see a small dot of blood developing on your skin.[20] Don't worry, finger pricks are nearly painless. If you can handle shots, you can definitely handle a tiny prick! If you're squeamish about blood, take a few deep breaths in and out before puncturing your finger. You can also think of a silly joke or cheerful moment to distract you for the half-second it will take. 5 Wipe away the first droplet of blood with the alcohol swab. Use the same alcohol swab to wipe away the first bubble of blood on your finger because this droplet contains tissue fluid from your skin that might skew the results. Place the soiled alcohol swab on top of its opened package until you can dispose of it in a biohazard disposal bag.[21] Some kits come with small disposable bags for bio-waste. If not, use a small airtight plastic bag. 6 Use the pipette to drop blood onto the "S" window of the test assay. Squeeze the bulbous top of the pipette to expel any air and then hold the small tip to the bubble of blood on your finger. Release the pressure on the pipette's bulb to suck the blood into the barrel of the pipette. Then hold it over the "S" window of the test assay and squeeze it again to expel the blood.[22] Squeeze your finger from the base to the tip to get a large droplet of blood. You'll need at least 1 big drop to fill the "S" window, but some tests may require up to 3 or 4 drops. Refer to the instruction manual to see how many drops are necessary. 7 Squeeze 2 drops of buffer onto the "S" window on the assay. Open the small dropper bottle of buffer and squeeze out 2 drops onto the same window where you placed your blood. The buffer allows antibodies in your blood to flow along the testing pads inside the assay.[23] Some tests may require more or fewer drops of buffer, so check the instructions that came with the kit. After you squeeze the droplets out, use a clean tissue or paper towel to blot away the blood before applying a sterile bandage. Most kits don't come with bandages so you'll need to have some handy. 8 Check the results on the test assay after 15 minutes and within 20 minutes. Use the stopwatch application on your phone to set a timer for 15 minutes. The results will appear in the center window of the test assay where you see the letters "C" and "T" (which stand for "control" and "test"). The pigment in the assay may distort after 20 minutes, so be sure to read the results 15 to 20 minutes after dropping your blood and the buffer onto the "S" window.[24] You should see a line next to the "C" on the test assay—this means the test is in working order. If there's no line, contact the manufacturer to get a new test. A visible line next to the "T" denotes a positive result. No line next to the "T" means the test is negative. Place the kit and all its components into a biohazard waste bag. Some kits provide these, but if not, use a plastic zipper bag. 9 Go to a testing clinic for a confirmation test if you got a positive reading. Home tests are proven to be around 92% accurate, but it's best to get a second test to confirm your HIV status. If you got a positive reading, take time to care for your mental health and tend to any anxiety or depression you might be feeling at the possibility of being HIV-positive. When you're ready to find out for sure, ask your doctor where to get tested or search online for testing clinics in your area.[25] For instance, type "HIV testing center Miami" into your browser's search bar. You can also find test sites at . If you suffer from depression or other psychological disorders, ask your doctor if they can refer you to a mental health professional or therapy group for people going through a similar situation. Advertisement Ask a Question Advertisement Thanks Thanks Show More Tips Advertisement Thanks Advertisement Medically reviewed by: Doctor of Osteopathic Medicine This article was medically reviewed by Erik Kramer, DO, MPH. Dr. Erik Kramer is a Board-Certified Primary Care Physician at the University of Colorado. With over 15 years of experience, his clinical interests include obesity and weight management, diabetes care, and preventive care, as well as embracing a holistic approach to primary care. He received his Doctorate in Osteopathic Medicine (D.O.) from the Touro University Nevada College of Osteopathic Medicine and completed his residency at Central Maine Medical Center. Dr. Kramer is a Diplomate of the American Board of Obesity Medicine. This article has been viewed 32,449 times. Co-authors: 9 Updated: February 24, 2025 Views: 32,449 Categories: Human Immunodeficiency Virus (HIV) Medical Disclaimer The content of this article is not intended to be a substitute for professional medical advice, examination, diagnosis, or treatment. You should always contact your doctor or other qualified healthcare professional before starting, changing, or stopping any kind of health treatment. Print Send fan mail to authors Thanks to all authors for creating a page that has been read 32,449 times. Taking control of your own health just got a little easier. On 23 December 2016, the South African Pharmacy Council (SAPC) officially revoked a regulation that had previously prohibited South African pharmacies from selling HIV self-testing kits.Up until then, local pharmacies weren't allowed to sell HIV self-testing kits - also known as HIV home test kits - although it was possible to buy them from online retailers. Not everyone has access to the Internet though, so the SACP's decision will ensure accessibility to the tests for many more people, says Professor Linda-Gail Bekker of the Desmond Tutu HIV Centre at the University of Cape Town.The benefits of HIV testing at home "Pharmacies are by definition accessible and a lot of people are more likely to trust products sold in pharmacies such as Clicks [than online retailers]," says Professor Bekker. "The SACP's move will allow a large number of individuals who were previously very put off by attending a public sector site to now think about getting tested."People can now enjoy the privacy of being able to do the test independently, in their own time, and without the queues or the fear of loss of confidentiality that is inherent in attending a public testing site, she says. "The test can also be done with partners or friends, so people may be able to get their own support structures rather than relying on a stranger, albeit a trained healthcare worker."The SACP has also published draft legislation that proposes that tests sold in pharmacies should be approved by the World Health Organization (WHO) or a suitable regulatory body, and that pharmacists should advise customers to get a second HIV test to confirm the first result if they tested positive.Why the WHO recommends HIV self-testingThe Pharmacy Council's decision followed guidelines published by the WHO in November last year recommending that HIV self-testing be offered in all countries to improve access to and uptake of HIV diagnosis.The WHO reports that more than 18 million people with HIV are currently taking antiretroviral therapy (ART), but a similar number is still unable to access treatment, the majority of which are unaware of their HIV-positive status. Currently 40% of all people with HIV (over 14 million) remain unaware of their status. Many of these are people at higher risk of HIV infection who often find it difficult to access existing testing services, according to the WHO's press statement."Millions of people with HIV are still missing out on life-saving treatment, which can also prevent HIV transmission to others," said Dr Margaret Chan, the WHO Director-General. "HIV self-testing should open the door for many more people to know their HIV status and find out how to get treatment and access prevention services."According to the WHO, self-testing has been shown to nearly double the frequency of HIV testing among men who have sex with men, and recent studies in Kenya found that male partners of pregnant women had twice the uptake of HIV testing when offered self-testing compared with standard testing.[Read more on the WHO HIV self-testing report]But what about counselling when testing for HIV?In the past, one of the biggest stumbling blocks when it came to the proposed sale of self-test kits in South Africa was the historical insistence of the need for pre- and post-test counselling when testing for HIV - something that can't be enforced if more are testing at home. It was believed that if people didn't get counselling it could potentially increase their risk for unmanaged anxiety and the potential for suicide.However, Professor Bekker says that a lot has changed over the past three decades: "Pre- and post-test counselling is largely from a time when we had very little to offer patients who tested positive. We were giving a life sentence and it was felt that people needed to be prepared for this possible outcome through counselling. There is still concern that with the need for life-long treatment people would still need to be prepared. However, we're also trying to 'normalise' HIV as a chronic infectious disease. It is manageable, and is no longer a life sentence. "It's hoped that with this new awareness and universal access to immediate therapy, people will get themselves tested and either move to treatment immediately if positive, or actively engage in safer practices to stay HIV-negative, she adds. "As pre-exposure prophylaxis (PrEP) has become more available, we also want people to be able to test themselves easily to ensure they remain negative in order to be able to keep taking PrEP. As we know, PrEP is no longer indicated or safe in someone who has become HIV-positive."What to keep in mind when using an HIV self-test kitMost HIV self-test kits rely on a simple pin prick of blood, are easy to use, and can give you results in 15 minutes. The tests approved by the WHO are considered to be 99% accurate.However, remember that it takes six to 12 weeks for your body to create antibodies to the HIV virus. As a HIV test is looking for the antibodies - and not the actual virus - it is possible to get a negative test result during this window period. For this reason, it's important to get tested regularly, and if you suspect that you might have possibly been exposed to the virus, to take another test after the 12-week period to confirm a negative diagnosis.Also, it's very important to know that HIV self-test kits are just screening tests and that the result of the test needs to be confirmed by a doctor or at a clinic by having a second test. You can also call the National AIDS Helpline on 0800 012 322 for counselling and advice.How Clicks Clinics can help youDid you know Clicks offers HIV testing and counselling at their clinics? To make an appointment at a Clicks Clinic, call 0860 254 257 or book online at Clicks Clinics online.HIV self-testing kits are also available for purchase in-store.IMAGE CREDIT: 123rf.comFEATURED PRODUCT: Durex condoms Don't be caught unprepared: stock up on Durex condoms via the convenience of online shopping so that you can ensure you're practising safe sex at all times.