



## Testing for HIV at home

To make HIV testing easy and convenient, NSW Health has made a home testing kit available. It's called a *Dried Blood Spot (DBS) HIV test*.

It's a **free**, easy and confidential test you can do at home. You don't have to go to a clinic or a general practitioner (GP).

It's convenient if you don't like needles, don't have time to get to the doctor or feel embarrassed about asking your GP for a test.

### How does it work?

- Order the *DBS HIV test* kit online at [www.hivtest.health.nsw.gov.au](http://www.hivtest.health.nsw.gov.au)
- You will receive the kit by post in a confidential envelope, with everything you need to do the test.
- Take a few drops of blood from your finger: 5 drops is all you need.

Send the blood sample back by mail (you don't have to pay postage).

### How do I get the results?

You will get the results within a week by email, text message or phone call. It's your choice.

### What happens if the test shows I have HIV?

If it shows you may have HIV, you will need to do a standard HIV test to confirm the result.

You will be able to speak to a nurse from the NSW Sexual Health Infolink, who will explain where to go and what to do.

By starting treatment straight away you can stay healthy and live a normal life.

Free and confidential support services are available, including support in your language.

### Can anyone do a DBS HIV test?

You can do a *DBS HIV test* if you or your sexual partner (past or present) are from a country where HIV is common or if you are a man who has had sex with men.

You need to be over 16 years of age and live in NSW. You do **not** need a Medicare card.

### Is the test accurate?

Yes. The DBS test is accurate.

### Will my test results be kept private?

Yes. Your test results will only be given to you.

**Where can I get more information?**

For more information or to order a *DBS HIV test* kit go to [www.hivtest.health.nsw.gov.au](http://www.hivtest.health.nsw.gov.au) or call NSW Sexual Health Infolink on 1800 451 624.

If you want to talk in your own language, call the Translating and Interpreting Service (TIS) on 131 450, ask for an interpreter in your language and then ask them to call NSW Sexual Health Infolink.