

In-Home HIV Testing Frequently Asked Questions

About In-Home HIV Tests

Q. Are there approved HIV tests that I can use at home?

- A. The Food and Drug Administration (FDA) has approved two over-the-counter home HIV tests: the OraQuick In-Home HIV Test and the Home Access HIV-1 Test System.
- The **OraQuick In-Home HIV Test** uses an oral swab to collect fluid from your gums. You will get your results in 20 minutes.
 - The **Home Access HIV-1 Test System** uses a few drops of blood from your finger that you place on a card. You then ship your blood spot sample to a laboratory for processing. The test results are available by phone in about seven business days.

Q. Where can I buy the OraQuick In-Home HIV Test?

- A. The OraQuick In-Home HIV Test is available in drug stores. The manufacturer also sells it online for \$39.99 (plus shipping). The price can vary among retail and online stores.

Understanding Your Results with the OraQuick In-Home HIV Test

Q. What does a negative result mean?

- A. The test did not find antibodies to HIV in your oral fluid.
- If you might have been exposed to HIV in the past three months, go to a clinic or hospital and ask for a test for recent or “acute” HIV infection test.

Q. What could cause a false positive result?

- A. A false positive result is rare. Lyme disease, syphilis, lupus and other conditions can sometimes cause a false positive result. People taking part in HIV vaccine clinical trials can also have false positive results. They should get tested by a clinical trial provider instead of using an in-home HIV test.

Q. What should I do if I tested positive with an in-home HIV test?

- A. If you receive a positive test result using an in-home HIV test, you are most likely infected with HIV. You will need to confirm your test result at a clinic or doctor’s office as soon as possible.

To find a testing provider in New York City, call 311 or text ‘TESTNYC’ to 877877.

- If your HIV-positive result is confirmed, see a doctor and start taking HIV medications right away to control the virus, stay healthy, and reduce your chance of passing HIV to others.
- You can get HIV care even if you don’t have insurance and regardless of your immigration status. **To find a HIV care provider in New York City, call 311 or text ‘CARE’ to 877877.**

Other Questions about the OraQuick In-Home HIV Test

Q. I tested negative. How do I stay HIV-negative?

- A. Getting tested regularly is an important step in taking charge of your health. However, an HIV test will not keep you HIV-negative. Reduce your chance of getting HIV by using condoms and water-based or silicone-based lube during anal or vaginal sex, not sharing

syringes or works when injecting drugs, and learning more about [daily PrEP and emergency PEP](#) – medicines that can help prevent HIV.

Q. I tested positive. How can I protect myself and my partners?

- A. It's very important to protect yourself and your partners from HIV and other sexually transmitted infections:
- Take medicine to treat HIV—HIV medicines help keep you healthy and make it harder to pass HIV to your partners.
 - Use condoms as often as possible when you have sex—consistent condom use helps prevent HIV and other STIs.
 - If you don't use condoms every time you have sex consider using [daily PrEP](#)
 - If you inject drugs, don't share syringes or works. For help with drug problems or to find a needle exchange program, call 311 or call LifeNet at 800-LIFENET (800-543-3638) or 877-AYUDESE (Spanish).

Q. If I have questions about my in-home HIV test, is there someone I can call?

- A. If you need more information about the OraQuick In-Home HIV Test or have questions about your results, **call OraQuick Customer Support at 866-436-6527**. Spanish-speaking counselors also are available.

Q: Since the OraQuick In-Home HIV test uses an oral swab, does this mean HIV can spread through saliva?

- A: The OraQuick In-Home HIV Test detects antibodies to HIV, not the virus itself. Only specific fluids from an HIV-infected person can transmit HIV, such as blood, semen, vaginal fluid, and breast milk. Other body fluids can transmit HIV if they contain blood. Saliva alone has not been shown to transmit HIV. There is a remote risk of spreading HIV if you or a partner has bleeding gums or a cut in his or her mouth and blood is exchanged during deep kissing.

Q. My partner and I are planning to get tested together. What do I do if my partner gets angry or violent when we find out the results?

- A. It's a good idea to talk to your partner before getting tested about how he or she may react if either of you tests positive. If you're concerned that a positive test result could put you in danger, consider speaking with a domestic violence counselor first. If a partner gets violent, remove yourself from any danger right away. Call 911 if it's an emergency. Your provider also can refer you to a domestic violence counseling and support program.

Other resources:

- * [Safe Horizon](#): Support services for victims of violence: **800-621-4673**
- * [Anti-Violence Project](#): Information and services for intimate partner violence in the LGBTQ community: **212-714-1141**
- * [National Domestic Violence Hotline](#): **800-799-SAFE (7233)** or **800-787-3224**

Resources

- To Find Where to Get an HIV Test in New York City:
 - Text '**TESTNYC**' to **877877**
 - Visit NYC.GOV and search "HIV testing"; or
 - call 311
- To Get HIV Care Services:
 - Text '**CARE**' to **877877**
 - Call 311
 - New York City HIV Care Coordination Services: HIVCC@health.nyc.gov
- [Centers for Disease Control and Prevention \(HIV testing\)](#)
- [OraQuick In- Home HIV Test Information](#)
- [Syringe Service Programs in New York City](#)

Note: New York State law requires all primary care providers to offer voluntary HIV tests to patients 13 to 64 years of age during routine visits. If you have not been tested in the past year, ask your doctor or nurse for an HIV test.