

HIV/STI self-testing guide

How to test yourself for HIV, gonorrhea, or chlamydia at home

Instructions

Thank you for using the at-home testing service provided by the Utah Department of Health and Human Services. You have completed the survey which allows the agency you're visiting to directly hand you the test kit(s) you qualify for today. Please read the instructions here and inside the test kit box. These are critical in order to obtain a valid sample to ensure adequate results. Inside you will find information on how to collect and return your sample kit(s), including how to get your results.

We ask that you return these tests within 21 days of receiving your kit. Additionally, the tests *must* be submitted within 24 hours after you collect your sample; *please do not collect your sample unless you are able to send it out by the following day*. Your sample will be processed between 1 and 5 days. You will then receive an email notification once your results are ready to view.

If you test positive for an infection, a healthcare practitioner will contact you to go over your results and ensure you get the care you need. For chlamydia or gonorrhea (urine, oral swab, or anal swab), the practitioner will help you arrange treatment. Let them know if you have any known allergies to medication at this time (some gonorrhea infections may require you to visit a clinic for an injection). If you test positive for HIV, you will be referred to a qualified HIV provider who will help you coordinate the appropriate follow up.

If you test positive for gonorrhea, HIV, and in some areas, chlamydia, someone from your local health department will call to follow up with you. This is an important call to help keep you from contracting another infection in the future and will confidentially help any of your partners seek testing and/or treatment. It is important you speak with them in order to help stop the spread of STIs. If you have any questions about this test kit call 801-538-6191 and ask to speak to someone in the STI or HIV program about at-home testing, or email HIVandMe@utah.gov.

Thank you for using the at-home test kits. We applaud your dedication in managing your sexual health.