

SASKATCHEWAN



HIV SELF-TEST GUIDE



**Get connected
to what you need**



I AM...

Before you get started, here's what you should know

First, take care of yourself and your health, the power is in your hands

Knowing your HIV status is key to making informed decisions about your health and well-being. Testing is a good way to take care of your health. It's your choice to take a HIV test.

There is support to help you throughout the process, if you need it.



If your HIV self-test is negative or positive

If your HIV self-test is negative, stay informed, use highly effective prevention strategies like harm reduction, condoms, or PrEP and get tested regularly. For more information, see page 3.

If your HIV self-test is positive, there are treatments available that can be tailored to fit your life. HIV treatment is highly effective allowing people to live a long and healthy life. For more information, see page 4.



Some things to keep in mind before you do your HIV self-test

It's important to be aware of a few legal obligations around disclosure if you test positive for HIV. This means understanding things like when and how to disclose your HIV-positive status once you know and the potential for legal consequences if you don't disclose. For legal information and resources, see page 4.



My HIV self-test was negative

If your self-test is negative, it means that you likely don't have the virus.

If your HIV self-test is negative, stay informed, take steps to prevent HIV by using condoms and new equipment every time you use drugs, getting Post-Exposure Prophylaxis (PEP) or Pre-Exposure Prophylaxis (PrEP) prevention medication and testing regularly. The HIV self-test does not always identify recent infections. If you may have been exposed in the last three months, test again.

HERE IS WHAT YOU CAN DO

1. Protect yourself and your partner(s)

2. Consider PrEP



3. If you had a recent exposure, consider PEP within 72 hours at your nearest hospital emergency department

4. Prevention support is available too

1. Protect yourself and your partner(s) from HIV, Hepatitis C and STIs

- Use condoms the right way every time
- Use new needles and other injection equipment every time you use drugs
- Find harm reduction supplies at: skhiv.ca/saskatchewan-harm-reduction-services/#harm-reduction and wheretocatie.ca

2. Pre-Exposure Prophylaxis (PrEP)

- PrEP is a medication that can keep you from getting HIV
- There are different ways you can take it to protect yourself, to learn more visit: www.catie.ca/pep
- Find the nearest PrEP clinic near you at skhiv.ca/pre-exposure-prophylaxis-prep/

3. Post-Exposure Prophylaxis (PEP)

- PEP is a medication that you can take after you have been exposed to HIV to help prevent you from getting it. To be effective, it has to be taken as soon as possible or within 72 hours of exposure.
- Find more information at catie.ca/client-publication/pep-preventing-hiv-after-a-potential-exposure

4. Prevention Support

- Call the information lines in the HIV self-test kit
- Call 811
- Call 1-800-667-6876, a free 24-hour HIV hotline operated by Prairie Harm Reduction
- Call 1-306-381-4529 Monday to Friday from 8am-4pm to reach the STC Sexual Health Hotline
- Visit wheretocatie.ca to find help.

My HIV self-test was positive, what's next?

The next step is to get confirmation

If your self-test result is positive, it means you most likely have HIV. Your positive self-test result must be double-checked by a second test, known as a “confirmatory test”. This test must be completed by a health care provider or at a health care clinic. Blood will be taken from the vein for this test. For this, you must give “informed consent” - this involves understanding the testing procedure (blood test), giving permission for the confirmatory test and knowing your positive results will be shared with public health.



Find out where to get a confirmatory test in your area by calling 811 HealthLine or visiting www.sexlifesask.ca/local-clinics or wheretocatie.ca

When you have HIV, a healthcare provider can discuss your care and treatment options. The sooner you start treatment, the sooner the HIV virus is prevented from making copies of itself within your body, which keeps the amount of virus (viral load) so low that it is undetectable by tests. When your viral load is undetectable, your immune system can work properly, which allows you to live a long and healthy life and you can't pass HIV on to others.



If you have any concerns, talk with a healthcare provider and/or a peer health worker/navigator at your local community-based or HIV/AIDS service organization (see page 5).



What about telling other people?

It's important to be aware of a few legal obligations around telling others if you test positive for HIV. This means understanding things like when, how, and to whom to disclose your HIV-positive status once you know and the potential legal consequences if you don't disclose.

To better understand the law, visit the HIV Legal Network website at www.hivlegalnetwork.ca



Linkage to care: Saskatchewan

To access HIV confirmatory testing, treatment, care and support:

Schedule an appointment with a healthcare provider by calling 811 or go to www.sexlifask.ca/local-clinics to find a family doctor or sexual health clinic.

There are ways to find confirmatory testing near you, visit:

- saskatchewan.ca/residents/health/accessing-health-care-services/health-care-facilities
- whereto.catie.ca

To find Community-Based Organizations near you, visit:

- skhiv.ca
- whereto.catie.ca
- I-am.health/get-support

For more information, visit I-AM.Health or scan the QR code:



To book an appointment with a peer navigator through REACH Nexus, scan the QR code:



This guide was developed through partnerships with:

reachnexus



To access PEP or PrEP:

Go to an emergency room to get PEP treatment.

A physician or nurse practitioner can prescribe PrEP.

Refer to Saskatchewan HIV

Collaborative's PrEP clinic listing:

- skhiv.ca/pre-exposure-prophylaxis-prep/

Accessing harm reduction supplies:

Find harm reduction supplies at:

- skhiv.ca/support/#harm-reduction-programs
- saskhealthauthority.ca/your-health/conditions-diseases-services/harm-reduction
- whereto.catie.ca
- saskatchewan.ca/residents

Call STC Health Centre Harm Reduction supply program at 306-956-0345.

Call the free, 24-hour HIV hotline by Prairie Harm Reduction at 1-800-667-6876 or visit prairiehr.ca.

Information for living with HIV

- sexlifask.ca/living-with-HIV



ninecircles
COMMUNITY HEALTH CENTRE