

# TEST@HOME

What to do after reading the results of your self test.

## NON-REACTIVE (NEGATIVE)

*1 dot at the top of the test*

- Test again in three months.
- Consider speaking with a healthcare provider about accessing PrEP.

## REACTIVE (POSITIVE)

*2 dots are visible (even if faint)*

- Call **Health Link 811** for linkage to confirmatory testing, and get resources for treatment & support.
  - All HIV self-test positive results need to be confirmed by a lab test that your healthcare provider can order to give you a formal HIV diagnosis.
- You can also speak with a healthcare provider to discuss next steps.

## INVALID

*no dots or one dot at the bottom of the test (no visible control dot)*

- Repeat the self-test with a new test kit.
- Call Health Link 811 to get help connecting with resources for further testing, or speak with a healthcare provider.

# RESOURCES

For further support.

## CALGARY OUTLINK

2SLGBTQ+ Peer Support:

- Call & Text: **(403) 234-8973**
- **info@calgaryoutlink.ca**
- calgaryoutlink.ca

You Matter 2SLGBTQ+

Support & Resource Line:

- **(587) 800-4121**
- Check website for current hours

## CALGARY STI CLINIC

Testing, treatment, counselling, and support related to HIV and STBBIs.

- Sheldon M. Chumir Health Centre, 5th Floor
- **1213 4 St SW**
- **1-855-945-6700 (Toll-free)**
- Walk-ins:
  - Mon-Thurs, 8:45 AM - 4:45 PM
  - Fri-Sat, 8:30 AM - 4:00 PM

## CBRC TEST NOW BUDDIES

Peer support available to offer guidance about how to use an HIV self-test correctly. They can also connect you to resources such as confirmatory testing and HIV prevention tools.

- Toll Free Call & Text:  
**1-877-607-2272**
- **buddies@cbrc.net**
- Monday-Friday, 9am-5pm EST, responses within 1-2 business days

## SOUTHERN ALBERTA CLINIC

Provides medical care to all HIV - positive patients in southern Alberta.

- **Sheldon M. Chumir Health Centre, 3rd Floor**
- **1213 4 Street SW**
- **(403) 955-6399**

## SAFELINK ALBERTA

Free testing and peer support groups.

- **1944 10 Ave SW**
- **(403) 508-2500**
- **info@safelinkalberta.ca**

## FOR MORE RESOURCES:

<https://whereto.catie.ca/>



While there is no cure for HIV, HIV is treatable! People with HIV on treatment can live long, healthy lives. The medications used to treat HIV are called antiretrovirals. They prevent the virus from replicating and slow the disease's progress. Starting antiretroviral therapy early can lower the virus in you to an undetectable level so that you can stay healthy, and so that the virus can't be transmitted to others. If you're HIV-negative, consider going on PrEP to mitigate risk of contracting HIV. Speak to a healthcare provider about accessing PEP after a potential exposure to HIV.