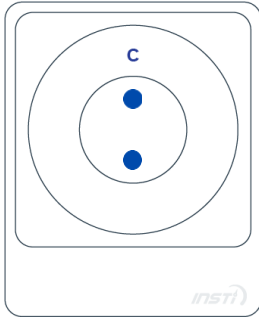


## HIV CONFIRMATORY TESTING

### PATIENT INSTRUCTION SHEET



If your HIV test looks like this, you have a positive result. If your HIV test doesn't look like this, you do not have a positive result. No matter the result, contact the GetaKit team to talk further at [GetaKit.ca/Contact](https://getakit.ca/contact)

#### **How are you feeling?**

If your result was positive, you might be having many different feelings and questions. To support you with this, you may want to reach out to friends, family, peer groups, or others. A list of resources is available here [GetaKit.ca/Resources](https://getakit.ca/resources)

#### **What about disclosure?**

It is important to understand your rights and how the law impacts you before you disclose your HIV status. Legally, you do not have to tell most people you are HIV-positive, but it can be considered a crime not to tell a sexual partner. To better understand the law, contact the HIV & AIDS Legal Clinic Ontario (HALCO) at [Halco.org](https://halco.org) or 416-370-7790 or 1-888-705-8889 (toll-free).

#### **What about confirmatory testing?**

Medically, the next step is to complete a blood test to confirm your positive self-test result. This can be done anonymously or by using your name. If you do this test using your name, it will be reported to your local public health unit. They will contact you about follow-up HIV care and help your partner(s) access testing and care.

A walk-in clinic, a local sexual health clinic, your family physician, or nurse practitioner can provide confirmatory HIV testing using your name.

If you prefer to do anonymous testing, you can find a designated anonymous testing location here [HIVTestingOntario.ca/poc/anonymous-testing](https://hivtestingontario.ca/poc/anonymous-testing). You can still be linked to HIV care with anonymous testing. For more information about anonymous testing and reporting to public health authorities in Ontario, you can contact HALCO and you can read this pamphlet from HALCO - HIV testing and reporting to Public Health in Ontario - [CLEO \(Community Legal Education Ontario / Éducation juridique communautaire Ontario\)](#).

#### **What about other testing?**

As part of doing confirmatory HIV testing, it might also be a good idea to do testing for other sexually transmitted infections (STIs). This would include blood testing for syphilis and hepatitis B and C, as well as swabs and/or urine testing for gonorrhea and chlamydia. A positive test for most STIs will be reported to public health authorities. Take this document to a walk-in clinic, a local sexual health clinic, your family physician, or nurse practitioner.