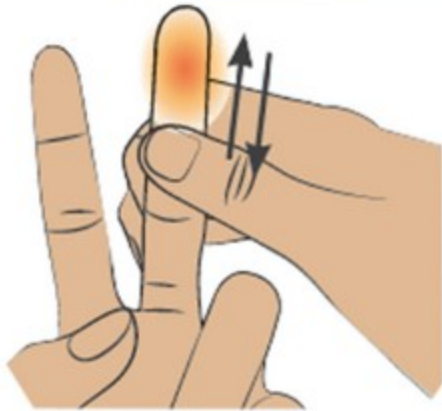


HIV Self-Test Tips!



1. **Rub your finger** until it turns warm and red or warm your hand by running it under warm water or holding a heating pad, or hand warmer.



2. Place the lancet on the side of your finger and **push hard!** The lancet will click when it pokes you. The lancet is one-time use!



3. Gently squeeze and stroke your finger towards the pinprick to form a fairly large drop of blood. Then make sure the **blood drips freely** into the bottle, do not scrape your finger on the mouth of the bottle.



4. Once all the fluid from the 3rd bottle has been absorbed the dot(s) begin to appear. They can take up to **1 minute to fully appear and can be faint**. The top dot near the 'C' means the test has worked.