

HIV Testing at Home: Over-the-Counter HIV Test FAQs

What is the test?

The [OraQuick® In-Home HIV Test](#) is an FDA-approved oral rapid HIV test. The test gives a result in 20 minutes.

Why would I need the test?

HIV is a virus transmitted by exposure to blood, semen, vaginal secretions, or breastmilk from someone who is infected. People who have unprotected anal, vaginal, or oral sex, and/or who share needles or syringes, are at risk for exposure to HIV. You should consider testing if you have any of these risks or if you've never had an HIV test before.

This test does not screen for any other sexually transmitted infections. If you have been engaging in activities that put you at risk of exposure to HIV, Maine CDC recommends getting screened for syphilis, gonorrhea, chlamydia, and/or hepatitis B & C. Visit <http://mainepublichealth.gov/hiv> or call 207-287-3747 for more information on STDs and Hepatitis.

Where can I get the test?

You can purchase the [OraQuick® In-Home HIV Test](#) over the counter. Ask your local pharmacy if they carry it, or contact OraSure (<http://www.OraQuick.com>) to [find where the test is sold in your area](#).

How much does the test cost?

Test costs vary from store to store, but will cost around \$40. Inquire with your local store for pricing. If you can't afford the test, you may qualify for free HIV test from one of our HIV testing partners. For a list of testing partners, visit <http://mainepublichealth.gov/hiv> or call 207-287-3747 for more information.

My test is positive—what do I do?

You will need a test to confirm you have HIV. Although it is rare, there is a 0.1% chance that your result may be a false positive result. A confirmation test will rule out the possibility you have received a false positive result. In addition, a confirmation result is needed to receive HIV medical care.

To receive a confirmation HIV test, visit your health care provider or contact one of our HIV testing partners. For a list of testing partners, please visit <http://mainepublichealth.gov/hiv> or call 207-287-3747 for more information.

My test is negative. Does that mean I'm not infected with HIV?

Maybe, but not absolutely. There is a "window period" where you can be infected with HIV without this test detecting it. The "window period" for the OraQuick® In-Home HIV Test is 3 months. If you have had any risk of exposure to the HIV virus in the past 3 months, this test may not accurately detect the presence of an HIV infection (see "Why would I need the test?" above).

What can I do to protect myself from getting HIV?

HIV is preventable. These are ways you can reduce your risk of exposure to HIV:

- Choosing not to have sex (abstinence)
- Using a condom when having sex, and a barrier method (such as a condom or dental dam) for oral sex
- [Not sharing needles or syringes of any kind if injecting drugs](#)
- Limiting your number of sexual partners, or being faithful to one sexual partner
- Talking to your health care provider about how to prevent getting HIV if your partner is HIV-positive
- [Getting tested](#)

Maine CDC does not recommend using this test for screening potential sex or needle-sharing partners.

Who can I talk to for more information?

Maine CDC
HIV, STD, and Viral Hepatitis Program
<http://mainepublichealth.gov/hiv>
(207) 287-3747

OraSure Technologies, Inc.
Customer Support
<http://www.OraQuick.com>
1-866-436-6527