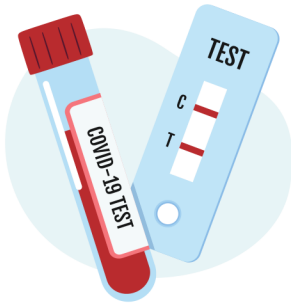


Know Your Options: Exploring STI Testing Methods



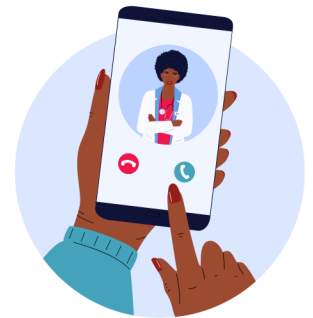
Home Testing



- Home testing is collecting, testing, and getting results at home, without having to see a professional or send any sample in the mail (think COVID tests).
- The only at home STI test currently available is the HIV self-test.
- For this test, you swab your gums to get a saliva sample and test it yourself. Results are available in 20 minutes.
- HIV self-tests may be covered by insurance.

Self-Collection at Home

- At home test kits are a good option for STI testing because you don't have to go to a health care provider's office or clinic.
- Most at home test kits do not give you your results right away. Instead, you take a sample and send it to a lab and get results back in about a week.
- Test kits will come with everything you need to provide a sample of urine, a drop of blood, or a swab of your genitals.
- You can buy STI test kits online or in pharmacies. Prices vary a lot. Some health departments also offer home collection kits. These may be free.



Testing at a Provider Office



- You can also get tested by a health care provider in their office.
- While some providers might include STI tests as part of a regular check-up, others don't test at all unless you ask—so make sure you ask!
- Depending on what you are being tested for, your provider may take a blood sample, swab your genitals, or ask you to pee in a cup.
- Most providers send your sample to a lab, and results are available in a few days.
- Costs vary depending on tests and insurance.
- If you don't have a regular health care provider or want to find free testing, check out [yesmeanstest.org](https://www.yesmeanstest.org).

Point-of-Care Testing

- Point-of-care (POC) testing is when your health care provider processes your test in their office and gives you results right away.
- There are now POC tests for HIV, chlamydia, and trichomoniasis.