ORAQUICK®
HIV SELF-TEST

Product Information Sheet

WHAT IS HIV?

Human immunodeficiency virus (HIV) is a virus that attacks the body's immune system, making a person more vulnerable to infection and diseases. It is most commonly spread through unprotected sex with a person with HIV who is not on treatment. In Singapore, almost all HIV infections have been transmitted through sexual intercourse with a person who is infected with HIV and has unknowingly passed it on to their sexual partner. If left untreated, HIV can lead to acquired immunodeficiency syndrome (AIDS).

PREVENTION AND REGULAR TESTING

HIV is preventable. To reduce the risk of sexual transmission of HIV, the most effective way is to remain abstinent or faithful to one's spouse/partner and to avoid casual sex. Individuals, especially those with multiple sex partners, are strongly advised to use condoms to reduce their risk of HIV infection and other Sexually Transmitted Infections (STIs). In addition, the use of preventive measures like HIV pre-exposure prophylaxis (PrEP) are highly effective when used as part of a comprehensive HIV prevention strategy. Regular testing is encouraged so that any infection can be detected and treated early. High-risk individuals should test every 3-6 months. More information about where to undergo HIV testing, including anonymous testing, can be found on https://www.cda.gov.sg/public/diseases/hiv.

WHAT TO DO IF YOU THINK YOU HAVE HIV?

If you feel you may be at risk, getting tested is the only way to know if you have HIV. If you have multiple sexual partners or engage in casual sex often, you should test for HIV and STIs regularly. Early detection is essential for the treatment of HIV and STIs.

WHAT HAPPENS IF YOU TEST NEGATIVE ON THE HIV SELF-TEST KIT?

If the test result is negative and you had a recent unprotected sexual exposure or you are at a higher risk of HIV infection, it can take up to three months for the antibodies to develop before they can be detected by the self-test kits. This is known as the window period. A second test needs to be performed after the window period. You may wish to see a healthcare provider to discuss options for preventive measures and testing.

WHAT HAPPENS IF YOU TEST POSITIVE ON THE HIV SELF-TEST KIT?

If the test result is positive, please visit any of the following facilities to get additional testing to confirm the test result or obtain referral for treatment:

- Polyclinics or private general practitioners (GPs)
- Department of Sexually Transmitted Infections (DSC) Clinic or
- Anonymous Testing sites

TREATMENT

HIV can be treated. With early and effective treatment, HIV medicine can suppress the amount of HIV in the blood to a very low level (called undetectable viral load), allowing a person living with HIV to live a life no different from others. More information about HIV can be found on https://www.cda.gov.sg/public/diseases/hiv.

COUNSELLING AND HOTLINE SUPPORT

- Individuals who require technical support on the use of the kits and the interpretations can contact Alliance Pharm Pte Ltd.
- Individuals who are worried about their test results can contact Action for AIDS Singapore or DSC Clinic for advice.
- Individuals who experience emotional distress and/ or have thoughts about harming yourself after a positive test result, can contact Samaritans of Singapore for support.

	Organisation	Hotline	Operating Hours
Technical support	Alliance Pharm Pte Ltd	6560 2348 info@alliance.md	Mon-Fri: 9am-6pm
General enquiries on HIV and STI	Action for AIDS Singapore (AfA)	6254 0212	Mon-Fri: 9am-6pm
	Department of STI Control (DSC) Clinic	1800-252 1324	Mon-Fri: 8am – 12pm & 1 – 5pm
Emotional and distress support	Samaritans of Singapore (SOS)	Hotline: 1-767 CareText (Whatsapp): 9151 1767	24-hour

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