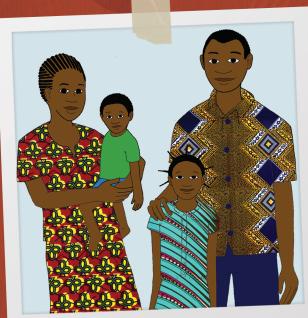
TAKE CARE OF YOURSELF



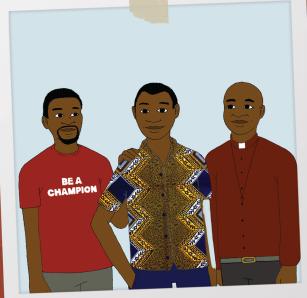
An HIV test may help you and your family stay strong and live well!



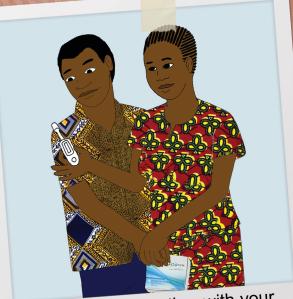
With self-testing available you choose where and when!



You can self-test in the privacy of your home!



You can self – test with the help of trusted persons (support group).



You can test together with your partner and motivate each other to take control!



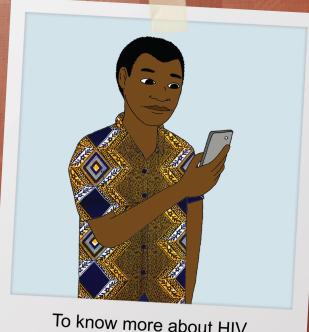
If your self-test is positive, take a regular test at any testing centre and be linked to treatment immediately.



If you or someone in your family is living with HIV, make sure you, your partners and children get tested.



Testing is the first step to healthy, productive and happy lives.



To know more about HIV self-testing: http://www.hivst.org

Illustrations by Alice Müller

