

Have your first

Linking And Knowing Self-testing Access

with us



I think I was exposed to HIV!

0 - 3 Days

If your exposure is within 72 hours, you should start on PEP. [More details at the back.](#)

0 - 44 Days

This HIV self-test kit (HIVST) will not be accurate for exposures (unprotected sex) within the last 44 days. [It can only test for exposures 45 or more days ago.](#)



To get tested earlier, visit Afa's anonymous testing site:



www.afa.org.sg/lats

45 Days

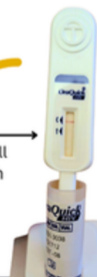
You can take a HIVST for possible early detection.



Avoid food and drinks for 15 minutes before taking this test as they can obstruct the swab and affect its accuracy.



If your result is **negative**, there is NO evidence of an HIV infection at this point or you are still within the window period which can last up to three months.



My next HIV test date:

45 - 89 Days

Window period is the time between actual infection and the point when a test will reliably give an accurate result. Testing before the end of the window period may give you false negative results.

All HIV rapid tests have a window period of three months when you are testing to confirm your status.

Your results during this period of time serves as a good indicator but it won't be the most accurate.



My next HIV test date:

90 Days or more

All clear. **Remember to test once every 3 - 6 months.**

If you did not have unprotected anal and/or oral sex in the last 90 days, your results are now conclusive.

A conclusive HIV test means its results are valid.

Terms such as "conclusive" and "inconclusive" are used in HIV testing due to the limitations of modern detection tools.

HIV tests, while highly accurate, cannot find a new infection immediately. It may take weeks for new antibodies to reveal themselves, as a person's body needs time to develop HIV antibodies to try to fight the infection.

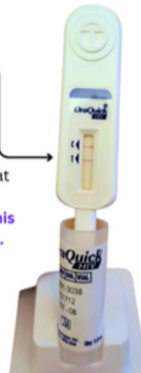


My next HIV test date:

HIV Reactive

If the test kit is **reactive**, it might be a possible HIV infection.

If your result is reactive, a confirmation test is required at venues such as Afa. **No identification is needed for this test so it remains anonymous. The test is also FREE.**



We understand it's scary and we are here every step of the way.

Need support? Contact us.



U=U

Undetectable = Untransmittable

The science is clear.

People living with HIV can feel confident that if they have an undetectable viral load and take their medications as prescribed, **they will not pass on HIV to sexual partners.**

If you want to find out more about treatment options or would like to refer a friend for treatment, please reach out to Action for AIDS.

If you want to refer a friend, please reach out to us.

HIV PrEP

HIV Pre-Exposure Prophylaxis



Is the use of anti-HIV medications to keep HIV-negative people from acquiring HIV.

PrEP has been shown to be safe and effective at preventing HIV infection when taken correctly. **You MUST consult a doctor before starting PrEP.**

Reminder

- NOT a magic pill that prevents you from other STIs
- You MUST take it on time
- If you are on hormone replacement therapy, you MUST follow up with your doctor.

HIV PEP

HIV Post Exposure Prophylaxis



Condom broke or exposed to HIV? Ask for PEP at the A&E.

HIV PEP or Post Exposure Prophylaxis is a combination of anti-HIV medication to reduce the risk of HIV transmission after a sexual encounter.

Reminder

- It must be started within **72 hours.**
- It can reduce your chances of becoming HIV+ by up to 81%.
- Must be taken for 28 days.

Condom broke or exposed to HIV?

72

DoxyPEP

Doxycycline Post Exposure Prophylaxis

72

Is the use of doxycycline antibiotics as a post exposure prophylaxis to reduce the risk of **some bacterial STIs, such as chlamydia & syphilis**, after a sexual encounter.

Reminder

- It can be taken 24 hours after sex BUT must be started within 72 hours
- It can reduce your chances of contracting chlamydia and syphilis by up to 80%

You MUST consult a doctor before starting DoxyPEP as you may be allergic to it.

STI Screening

Maintaining good sexual health

Sexually transmitted infections (STIs) can occur in anyone who is sexually active regardless of gender, age, or sexual orientation.

Many people may be unaware that they have an STI until they experience serious health complications.

Examples

- Permanent nerve damage (syphilis)
- Infertility (chlamydia & gonorrhoea)
- Blisters that rupture (herpes)



Regular screening allows you to take control and continue to enjoy the sex you want.

LAKSA (Linking and Knowing Self-test Access) aims to encourage HIV testing by distributing HIV Self-Test (HIVST) kits, safer sex educational content and providing support.

We hope you will feel confident, empowered and sexy!

How to use a HIVST:

