Guidelines for Youth Groups in Mobilizing HIV Testing

Prepare for the test

1、When do you need to get an HIV test?

Any time that you are concerned that you might have been exposed to the risk of HIV. The HIV test is a voluntary, safe, and confidential health check.

2、Where can I get an HIV test?

Generally, any hospital of reasonable scale, CDCs at various levels, and some community-based organizations can provide HIV testing, as do some local MCH centers.

Here you can find a list of places where HIV testing is provided：

http://ncaids.chinacdc.cn/fazl/jcjg_10287/

You can also find HIV test kits at pharmacies or online for a self-test. However, this kind of testing may provide false positive results. If you test positive with a self-test kit, please go to a CDC for a confirmatory test as soon as you can.

3、Is HIV testing free? If not, how much does it cost?

Any service comes with a cost, including the cost of staff, equipment and office space. Under some HIV prevention programme funds, some agencies do provide free tests, but they may come with certain conditions and obligations, such as filling out a questionnaire. Paid HIV tests normally cost between 20 and 100 Yuan, and you may decline any additional requests.

4、Is an HIV test confidential?

When having an HIV test at the hospital or CDC, you must provide identifying information. Some CBOs may be able to provide confidential testing.

5、What are the testing methods available, and am I able to choose?

Currently there are four kinds of tests: blood draw, finger prick, urine and oral mucosa. Hospitals and CDCs generally use blood draw for HIV test, while CBOs more often use the finger-prick method. All needles and syringes are single-use. You do not need to worry about contamination through an HIV test.

6、Do I need parental consent if I am under 18?

No. However, hospitals and CDCs need proof of your identification, or residential registration (hukou) if you are under 16. If you are under 16 and confirmed to be HIV positive, your guardian will need to be notified of the result.

7、How long does it take to get the result?

For finger-prick, urine or oral mucosa tests, the result is almost instant. The HIV test from intravenous blood must be performed in a lab, which may take 10 days or two weeks.

8、Should I go with someone?

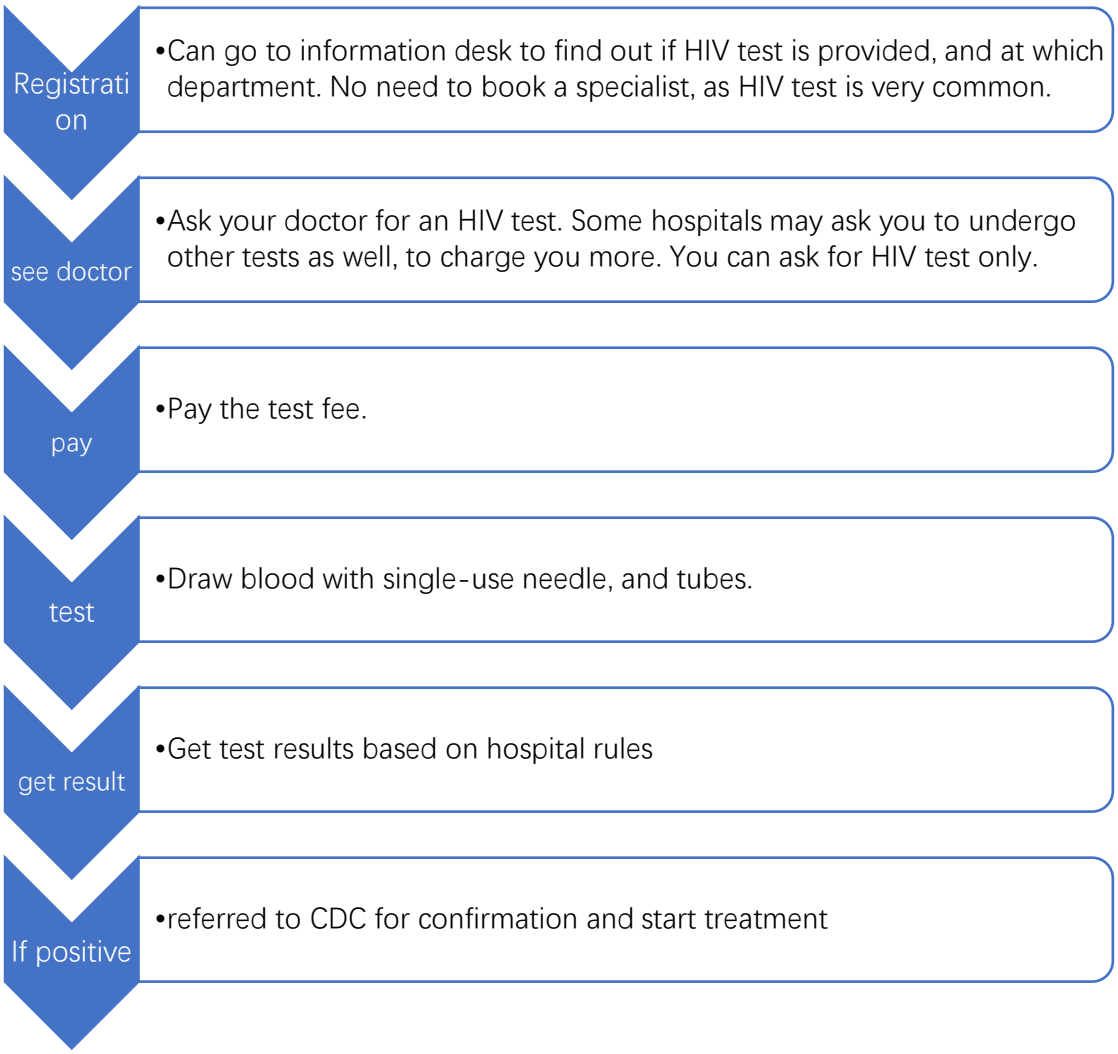
Think about what you will do if the test result is positive. Do you want some support by your side? If the answer is yes, then go with your trusted partner, family or friend.

This table can help you decide on the right place to get an HIV test

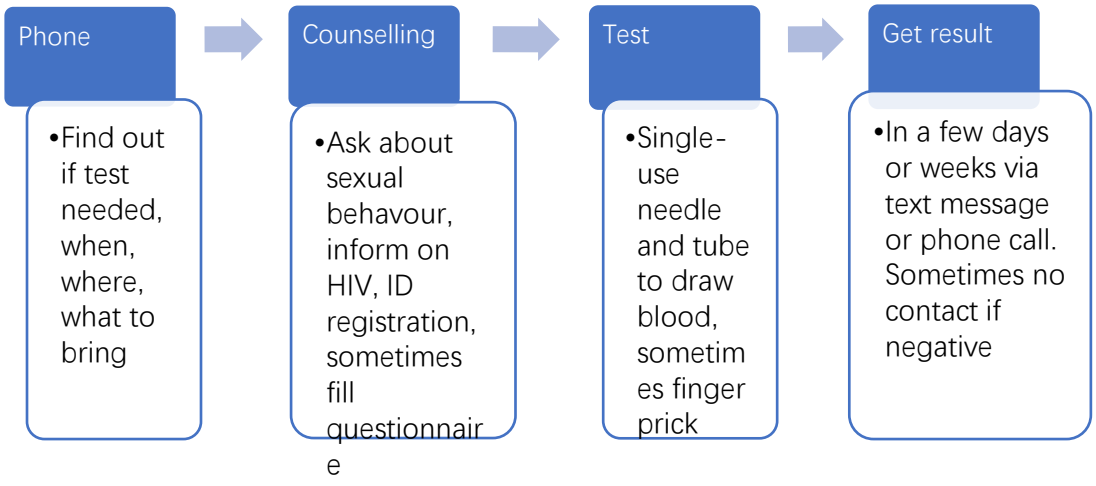
	CDC	Hospital	CBO	Self-test
Only free on weekends		√	√	√
Want free test	√(most)		√	
Lots of questions before/during test	√		√	
I am a woman and want to ask a woman		GYN department or MCH centre	Book a female counsellor	
Leave no trace of personal information			√	√
Don’ t want to be asked private questions		√		√
Don’ t like to queue	√		√	√
Don’ t want to make two trips	√	some	√	√
Want an instant result	some		√	√
Want company when notified of result			√	

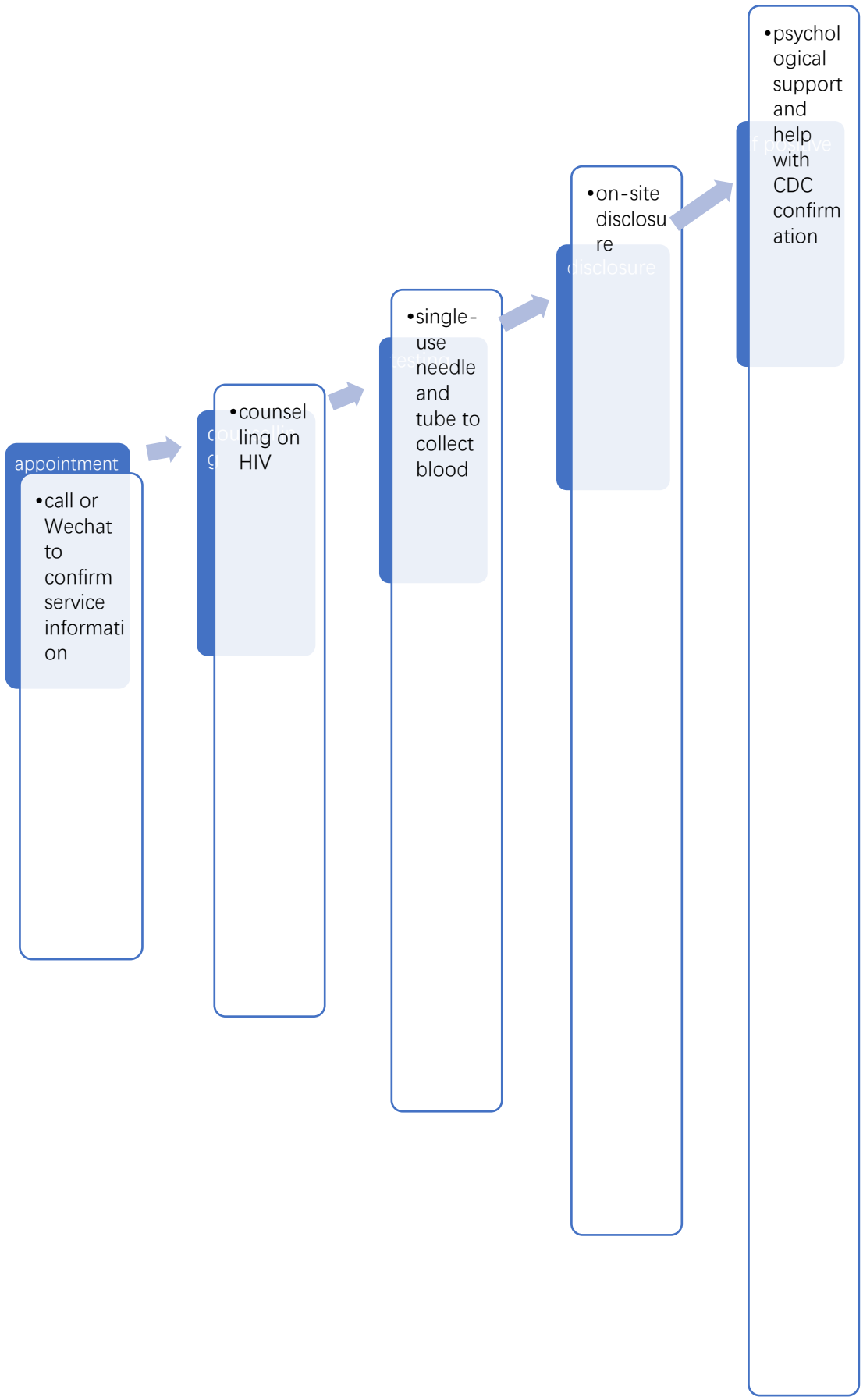
Testing process

Hospital (bring ID card/health insurance card/hospital card and money)



CDC （bring ID card and cash）





CBO （sometimes need ID, in most cases no need）

Post-test questions answered

1、What if I got no testing service?

What is the reason that you got no service? If the care provider does not provide an HIV test, go somewhere else. If the CDC does not give you a test because you are within 3 months since last risk behaviour, go to a hospital or CBO.

2、My result is negative. Does that mean I am not infected with HIV?

Not for sure. Different testing methods have different sensitivities to HIV, and individual physical conditions differ too. There is a likelihood that HIV is not detected within a certain period of infection. If you test HIV-negative 3 months or more after the last time you had unprotected sex, you can be sure that you are not infected with HIV.

3、My test result is negative. How long is the gap before I get another test?

The HIV test does not harm the body. You can do it anytime. If you have frequent unprotected sex, or if you have more than one sex partner, you are recommended to test every 3 to 6 months. Anyone who is sexually active can include an HIV test in their routine annual health check.

4、Why does the result say I am HIV negative, but I still develop fever and rashes?

There are tens of thousands of diseases in this world, so you may have any one of those. Find the right department to get help.

5、What if my result says HIV positive?

Follow the guidance and advice of the counsellor. If you test HIV positive for the first time, you must bet a confirmation test at the CDC. Even if you are confirmed HIV positive, remember that this is not the end of the world! Early detection and early treatment can effectively control the virus to the extent that it does not affect your normal work and life, and you can even live to your full life expectancy.

6、If I test HIV positive, am I then an AIDS patient?

No. HIV-positive status does not mean you have AIDS. AIDS results from the progression of HIV. If an HIV-positive person does not get treatment, he or she is likely to develop AIDS.

7、Should I tell others that I have HIV?

It’ s up to you. Telling your sexual partner helps you take the right safety measures to protect each other’ s health. A person living with HIV has a compromised

immune system and is more susceptible to virus attacks. Using protection therefore does not just protect the non-infected, but is also important to you. You may choose to tell your family members. As a rule, those who tell their family or friends have better treatment outcomes.

Local information

List of test providers

Hospital	
name	
address	
Department	
Hours	
cost	
CDC	
name	
Address	
hours	
CBO	
Name	
address	
Hours	
Clients served	
How to make appointment	