

We can stop HIV, Iowa— and with HIV self-testing, we can do it on our own terms.

Reasons to choose self-testing:

Easy: You can take the test yourself and get results without an appointment.

Painless: The self test uses fluid from your gums—no needles or blood!

Confidential: The test is mailed to you in a plain package. You can take it in a place that is safe, private & convenient.

Quick results: Get reliable results in as little as 20 minutes.

If you need an HIV self test, you can order one through *Together TakeMeHome*, a **free** HIV self-testing program.



**STOP
HIV
IOWA**

Scan the QR code to learn more &
get your free HIV self test now!

<https://together.takemehome.org/>

