

# 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.

**Fast:** 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/>

