

Self-Testing

*for HIV, syphilis, gonorrhea,
and chlamydia*

Where can I learn more?

- Visit knowmystatus.org to learn more about STDs and to find out where to go for testing, support, and treatment in Texas.
- General STD information from DSHS: dshs.texas.gov/hivstd/info/
- For STD testing locations in Texas, call 2-1-1.

**For HIV/STD questions,
call 800-CDC-INFO
(English/Español)**

888-232-6348 (TTY).

*Reproduction of this pamphlet is
encouraged; however,
the Texas Department of State Health
Services should be cited as the source
for this information.*

Revised 5/2026



TEXAS
Health and Human
Services

Texas Department of State
Health Services

How can I receive a self-collection HIV and STD test kit?

- Order a self-collection test kit by scanning the QR code in this brochure to visit the portal.
- Once you register in the portal by clicking “Create An Account,” you will complete a brief health assessment to order your free self-collect test kit.
- The test kit ships directly to the address listed on your order form. You will receive your test in a discreet box.

Why can't I pick a specific kit?

There are several types of self-collection test kits available. The health assessment survey will help determine which kit you receive. As you complete the assessment, you can choose which kit works best for you: just swabs, or swabs with an option to provide a blood sample for HIV and syphilis testing, either via a fingerstick or an upper-arm device.

If you choose not to provide a blood sample, the lab cannot perform HIV or syphilis testing.

How do I use the kit?

When you open your self-collection test kit, it will include instructions on how to:

- Create an account in the portal if you have not already
- Activate your kit so you can track it during return shipment
- Collect your sample
- Fill out your information before shipping your sample back for testing

How do I send in my sample?

- The self-collection kit will include a return mailer with a prepaid shipping label. Use this mailer to send your collected sample off for testing.
- Once you have shipped your sample, you can track its progress in the portal.
- Ship your sample on the same day you collect it. Return it early in the business week to ensure swift delivery. Additionally, make sure you drop your sample off at a physical location like a United States Postal Service (USPS) office.

When will I know my results?

- You will receive a secure notification in the portal once your results are ready, typically within two to seven calendar days after the lab receives your sample.

I tested positive for HIV or an STD. What should I do now?

- If your sample tests positive for HIV or an STD, a healthcare provider will notify and help you with counseling, treatment, and next steps.
- There are services in your area that can help you find healthcare providers and treatments. You can find information on treatment here at: dshs.texas.gov/hivstd/services.
- Next, you will need to inform your sexual partner(s) that you tested positive for an STD. If you do not want to disclose your STD status to your partner(s), please call your local health department at 2-1-1. They can help notify your partner(s) while keeping you anonymous.
- Chlamydia, gonorrhea, and syphilis are curable with the right course of antibiotics.
- While HIV does not have a cure, you can live a long and healthy life if you start a medication regimen soon after testing positive.

I tested negative for HIV or an STD, but I am still worried. What should I do?

You can schedule an appointment with your doctor or a local STD clinic for a follow-up.

These facilities can perform in-depth testing for other STDs besides HIV, syphilis, gonorrhea, and chlamydia.

You can find a list of testing locations in Texas at dshs.texas.gov/hivstd/testing.

Even if you test negative for STDs, it is important to take precautions to limit your potential exposure in the future:

- Wear a condom every time you and your partner(s) have sex.
- Retest for STDs every three to six months if you regularly have sex with multiple partners.
- Talk to your doctor about pre-exposure prophylaxis (PrEP), which reduces your chances of acquiring HIV before a possible exposure.
- If you think you were exposed to HIV in the last 72 hours, talk to your doctor or an emergency care provider to start post-exposure prophylaxis (PEP) treatment.

The only sure way to prevent contracting HIV or an STD is to avoid having sex or injecting drugs.



If you would like to order a self-collection HIV and STD test right now, scan the QR code.

testfortexas.org