



HIV Testing Services

Self-Directed HIV Testing

You can order your own HIV test online - uhs.berkeley.edu/self-directed-sti-testing. You will go directly to the lab for your blood draw, bypassing a medical practitioner. This option is for screening purposes only. If you have symptoms please make an appointment. Lab fees depend on if you have SHIP - uhs.berkeley.edu/samplefees.

Traditional HIV Testing

This test is a blood draw done in a medical visit. Schedule an appointment at (510) 642-2000, through eTang, or at the UHS Appointment Office. Choose this option if you have symptoms or a strong reason to believe your results may be positive. The appointment costs \$15 regardless of insurance. Lab fees depend on if you have SHIP - uhs.berkeley.edu/samplefees.

Rapid HIV Testing - Monthly at UHS

This free and anonymous test is provided by the Sexual Health Education Program on a monthly basis during the academic year. The finger prick test and risk assessment take 30 minutes and they're performed by a trained sexual health peer educator. Visit uhs.berkeley.edu/rapidhivtesting for the schedule and booking information.

Buying a Home Testing Kit

This is a mouth swab test that you can perform yourself at home. It's available at the UHS Pharmacy for about \$40.

Testing Confidentiality

- If you test **at home**, the results of your HIV test are known to only you.
 - If you test with the **SHEP rapid test program**, your test is anonymous. If your test result is positive you'll be encouraged to receive services at UHS or your primary care clinic. SHEP also partners with East Bay Aids Center for non-SHIP students.
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- If you choose **self-directed or traditional HIV testing**, results will go into your confidential medical record which cannot be released without your permission. HIV results also have specific legal protections to ensure confidentiality.

Off-Campus Testing Sites

Berkeley Free Clinic and the City of Berkeley Public Health provide free or reduced-fee rapid HIV testing. We encourage you to use UHS before trying one of these options due to the high demand of these under-resourced services.

HIV Post-Exposure Prophylaxis (PEP)

- If you've had exposure to HIV, HIV Post-Exposure Prophylaxis (PEP) is available by prescription from UHS to help reduce your risk of acquiring HIV. You can make an appointment to see a clinician or come to Urgent Care.
- HIV PEP must be taken ASAP after exposure and within 72 hours to be effective.
- HIV PEP is subject to prescription drug co-payments, like other prescriptions.

HIV Pre-Exposure Prophylaxis (PrEP)

- HIV PrEP is a preventive daily pill option for HIV-negative people.
- Used correctly, it reduces the risk of becoming infected if exposed to HIV.
- Considered a good option for someone who is more likely to be exposed to HIV.
- HIV PrEP is subject to prescription drug co-payments, like other prescriptions.

Other Services

- **Medical Care:** Call (510) 642-2000 or schedule on eTang for a STI visit, confidential medical evaluation, care for early HIV infection or AIDS-related care.
- **Counseling:** Call (510) 642-9494 to make an appointment. Counseling is available to discuss HIV/AIDS, relationship support, oppression, discrimination, grief, abuse, stress, coming out, and more. If you prefer to talk to someone of a particular gender, ethnicity, or sexual identity, we'll do our best to help. Please inform us.
- **SHEP:** Call (510) 642-7202. Through the Sexual Health Education Program, trained peer educators can discuss HIV testing, disclosing status, making safer sex fun, and more. Individuals and couples welcome. Group workshops available.
- **Health Insurance:** Call (510) 642-5700 for SHIP info and resources for domestic partners and dependents.
- **Safer Sex Supplies:** External condoms, dental dams, and lube are available at reduced prices through the UHS Pharmacy.