



World AIDS Day 01 December 2020



POSITIVELY ALIVE

Alan Brand
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Employee Wellness Consultant and
Specialist Trainer
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GO VIRTUAL

“End AIDS by 2030”

Let Positively Alive facilitate your World AIDS Day event virtually and save on costs – due to COVID-19 consider an interactive virtual event with guest speakers and updated HIV and AIDS information session. Positively Alive is putting together a complete event which your employees can attend virtually.

NO HIDDEN COSTS – ALL INCLUSIVE – EFFECTIVE – PRODUCTIVE – WIDE AUDIENCE REACH

Programme Package:

- Programme director – welcome (Alan Brand)
- Welcome by programme co-ordinator – can be provided or alternatively a senior manager or representative from your organisation.
- HIV/AIDS information video – WAD theme based.
- Short PowerPoint info slide presentation.
- 1 X World AIDS Day talk by HIV+ motivational speaker /s (a range of speakers available, see list attached for speaker profiles)
- Appropriate music and graphics for the event look and feel.
- COVID-19 and people living with HIV – All you need to know.

A diverse range of HIV+ motivational speakers to choose from:



Alan Brand



**Sameshni
Moodley**



**Barbara
Kingsley**



Dorian Basson



**Nombuyiselo
Mapongwana**

Above speakers profiles are attached.

Includes:

- Promotional flyers for internal distribution provided electronically.
- World AIDS Day poster/s – provided electronically.
- Company logo can be included.

All the above for only R15 000.00 (all-inclusive)

NB: Should more than 1 HIV+ motivational speaker be requested the rate would be adjusted accordingly. **Duration of the session is aimed at 1hour and 45min max using Zoom as a virtual platform.**

Extras:

- **BioSure home self-testing kits** (ask for prices and details)
- Copies of **A 2 Z of HIV Booklets** by Alan Brand (ask for prices and details)
- PDF copies of the book **Positively Alive - Living with HIV and AIDS: A Path to Inner Healing** by Alan Brand (ask for prices and details)
- The above speakers can also be booked for a live World AIDS Day event.

Having achieved the global target of halting and reversing the spread of HIV, world leaders have set the **2020 “Fast-track”** targets to accelerate the HIV response and to **“End AIDS by 2030”**



Owner/Director of Positively Alive – Author and HIV+ Motivational Speaker

Short Introduction:

Alan is a leading expert in the development, and provision of innovative employee wellness strategies enabling business enterprises throughout South Africa to mitigate the threat of HIV and AIDS and other associated health and wellness risks. He has developed numerous outcomes based wellness training modules. His personal energy and unique and professional facilitation skills have inspired many. Alan is a sought after motivational speaker, conference facilitator and master of ceremonies.

Author

- Positively Alive, Published by Jacana 2005
- Positively Alive Recipe Book Published by Micromega Publication 2014
- A 2 Z of HIV Informational Booklet - Published by Micromega Publication 2017

Creator and administrator of a very successful web-based support, information and counselling resources network for HIV+ men in South Africa. In 2018 Alan established an online HIV training programme in association with UCan courses: Living Positively Alive with HIV; is a 9 module step-by-step digital course that walks delegates through exactly everything you need to know about HIV/AIDS.

Detailed Profile:

Alan Brand – Lives openly with his HIV status and is dedicated to making a difference by breaking the silence and changing the mind-set of those he comes into contact with.

After completing his studies, Alan worked for a period of 23 years in a various positions throughout the hospitality, tourism and catering sector of South Africa. In January 1997, while working as a District Manager, at Fedics Food Services, he was diagnosed with HIV. He joined The Fedics Group HIV/ AIDS Committee in 1997 and was elected chairperson in 1998. He received the Group Managing Directors Special Recommendation Award for his work as chairperson of The Fedics Group HIV/ AIDS Committee in 2000.

Appointed 2001 - Group National HIV/AIDS Manager for the Fedics Group (Now called Tsebo Outsourcing Group). In 2006, this title changed to Group Wellness Manager (HIV/AIDS), strategically positioning him to effectively and holistically develop and implement employee wellness initiatives for an employee workforce of 15 000.

Appointed in July 2003 - Hospitality and Tourism Sector Representative on the South African National AIDS Council (SANAC). Alan is the founding member of the HIV/AIDS Forum of the hospitality industry. During his term of office he co-author a resource guide entitled "Managing HIV/AIDS for South African Tourism and Hospitality Companies" This handbook has greatly enhanced the sectors ability to mitigate and manage the incidence of HIV/AIDS.

He has project managed the ground-breaking approach to the treatment of HIV/AIDS through the introduction of a focus on nutritionally enhanced food products in the workplace. The initiative engages the hospitality sectors core competency to enhance immune wellness and thereby providing a positive impact on general wellness of all employees.

Alan says, "Most organisations in South Africa have some form of in-house HIV management programme however few have considered the benefit of directly addressing the nutritional intake of employees infected with HIV. We want to place the focus on living with HIV, not dying of AIDS. While good nutrition will not cure HIV/AIDS, it most certainly can help maintain and improve health. It will also assist in generally boosting the immune levels of all employees thus having a direct and measurable impact on bottom line productivity and the reduction of the costs associated with HIV and AIDS in the working environment."

HIV initiatives receive international recognition and awards.

During 2005 Fedics, the diverse contract catering division of the Tsebo Outsourcing Group was a finalist in the Global Business Coalition on HIV/AIDS Awards for Business Excellence in the category "Utilising Core Competency". Receiving International exposure, when this initiative featured in the awards publication, distributed at the international awards gala in Washington DC.

Establishment of Employee Wellness Consultancy Services

Since establishing his own employee wellness consultancy business in 2011, Alan continues to provide the services of employee wellness consultant and specialist wellness trainer, HIV/AIDS programme co-ordinator and employee assistance practitioner (EAP) to the Tsebo Outsourcing Group and an impressive customer base. By developing innovative and customised wellness initiatives for SMME's, large corporate organisations, businesses and government department, Alan has been able to reach a broad spectrum of employers, employees, associations and organisation in Southern Africa.

Author and motivational speaker:

Alan's writes monthly articles for the award winning wellness publication "The Ripple Effect" and is the guest editor of The Ripple Effect World AIDS Day special edition distributed throughout South Africa. These articles have been an inspiration to many people.

During 2004, Metropolitan commissioned Alan to publish his journals/diaries on the Metropolitan website www.RedRibbon.co.za as part of their Living with HIV diary project.

During 2005, he completed a book detailing his experiences in living and thriving with HIV. This book entitled "Positively Alive", published and distributed through Jacana Media. Copies of his book are available at Exclusive Books or alternatively by ordering it on line at www.lulu.com or www.amazon.com.

His second book "Positively Alive Recipe Book", published in 2014 by Micromega Publications, provides immune boosting recipes as well as information on nutrition and diet for people living with HIV. Available from: Micromega Publications: Office Land Line: 031 573 1048 Online Store: www.rippleweb.co.za

Alan features in many publications and newspapers amongst others:

- You, Huisgenoot and the Drum Magazines
- Business Day
- South African AIDS Journal
- The Sowetan
- The Star
- Beeld
- AIDS Management Report
- HR Magazine

Television and Radio interviews that have been conducted with Alan include Real Talk with Anele on SABC TV3, NBC late night news, E-News, SABC, TV2 Good Morning Live, TV3 Doctors Orders, Tourismbiz, 702 and Cape Talk, Kaya FM, East Coast Radio, SAFM, Algoa FM, and many other community based radio stations.

In October 2008, Alan created the very successful internet support and information social web-based network "Positively Alive". Positively Alive provides a free resource service as well as counselling, information and support/forums for HIV+ gay, bisexual and transgender men and MSM in South Africa. www.Positively-Alive.com

Alan's activities as a motivational speaker, conference facilitation and training provider are too many to mention. Please enquire for a full reference list of clients and customers if required.

Alan Brand

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Description: Motivational HIV+ Guest Speaker:

Personality and Profession

Sameshni Moodley is an inspirational energetic professional who works with corporates and individuals to create change in the mind, body and spirit through effective education.

Diagnosed with HIV, Sameshni thought life as she knew it was over and resorted to substance abuse and binge eating. Yet her positive attitude and healthy lifestyle turned things around and it was then that her brand, Living2Inspire was born.

Her key passion in life has been within the Health and Wellness environment and has been featured on various social media platforms. She inspires her followers with daily motivational messages to make positive changes in their lives through nutrition tips and by including physical activity in their daily routines.

Experience

Sameshni featured in Discovery articles between 2014 and 2018 for her perseverance through her weight loss journey, creating a culture of living healthy with HIV and being an inspiration for it.

A video was released by Discovery Health for living a healthy, active life with a chronic condition. Sameshni provided insight and guidance on weight loss and lifestyle changes for a Discovery Vitality article.

Presentations were hosted for an international sports brand at their World AIDS Day event, which included a run for positive change, participated by Sameshni, athletes and employees.

Numerous radio interviews held with local radio stations on the impact of living with HIV and the stigma in the community during her reign as a FitFluencer for FIBO Global Fitness Africa.

Achievements

My academic achievements:

- *Health and Fitness Professionals Academy – Certificate in Essentials of Nutrition*
- *People SA - Coaching and Leadership – Certificate in Neuro-Linguistic Programming*
- *University of the Witwatersrand – Certificate in Managing and Leading People*

Sameshni's longest running achievement is her weight loss journey which started in 2005 and over the years she has lost 25kgs. Completed two Warrior obstacles races and Sameshni's love for running began in December 2015 and since then finished numerous 10km, half marathons with her first marathon in November 2017 at the Old Mutual Soweto Marathon. In October 2018, in recognition of the month in which she was first diagnosed, Sameshni undertook to climb Kilimanjaro to raise awareness and funds for women and children living with HIV, celebrating a decade living 'Positively Alive'.

For more information or to book Sameshni Moodley contact:

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BEE Exempt - Micro Enterprise Level 4 EME Entity

Website: www.positivelyalive.co.za



Description: Motivational HIV+ Guest Speaker:

In December 2000 I was diagnosed HIV positive, which came as a complete shock to me, as the diagnosis was completely unexpected. For the next 8 years I lived in a place of what I like to call superficial acceptance or denial. I was quite comfortable to be HIV positive (or so I thought) provided that I didn't get ill. I thought I had it all worked out, when in fact I was simply being ruled by fear. I had no idea what ARV's could do; I had no one to turn to who could tell me what to do or which way to turn. I had support from family and a few friends who I disclosed to but no one who could really stand beside me and show me the way. As a result I nearly died. My cd4 counts ended up dropping to just 86 and I became extremely ill. Exhaustion became my faithful friend and simple daily tasks became insurmountable obstacles. I honestly believed that I was going to die. But I chose to fight. I fought so hard for my life and had no choice other than to face up to my worst fear, which was eventually getting ill one day. How was I to know how easily this could have been avoided? I didn't know then, but I know now.

Once commencing ARV treatment, I began to feel so much better, and I subsequently drew upon a new found strength that I never knew I possessed. I rose so high above my circumstances and began to speak out. With this new found energy that I had discovered, and the inner strength that I had found, I watched the comrade's marathon that year on TV (2008). From nowhere, I acquired a burning desire to run. Not to run the comrades, mind you, who does that?? ☺ but just to run. Despite never having run before, and having no natural running ability I began to run slow 5kms. From barely being able to walk 100m when I was ill to running 5km was a miracle to me. I went from strength to strength and ultimately went on to successfully complete the Comrades marathon in 2013. I ran as an openly HIV positive runner to show what can be done. Running over the finish line will remain one of the most incredible moments of my life.

Part of my running journey was being affiliated to an NGO called Positive Heroes, co-founded by my hero, Evelina Tshabalala. Positive Heroes relies on the power of HIV positive role models and provides a platform for them to speak out about living positively with the virus. One of their initiatives was running on their ultra-marathon team, which I did for a number of years. It involved 5 of us, all living with HIV, to openly run the major marathons and ultra-marathons in attempt to bring awareness and hope (we ran to name a few City to City 50km, Comrades 89km, Soweto 42km, Two Oceans Ultra 56km)

Part of our obligations as being on the team was to travel the country doing outreach from corporate and hospitals to the most rural schools and clinics in the townships. I have appeared in numerous magazines, newspapers, online magazines etc.
I have also been featured on various TV programs

For more information or to book Barbara Kingsley contact:

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Description: Motivational HIV+ Guest Speaker:

Background:

In 2005, as a 2nd year BCom (General) student at the University of the Western Cape, Dorian Basson had been awarded the Golden Key International Honour Society Award earlier that year. The award was in recognition for outstanding academic excellence. While walking home from university one afternoon in October 2005, he was dragged into the bushes close to his home and sexually assaulted by an unknown suspect, with a knife held to his throat. He suffered a mental breakdown that same evening and was hospitalised at Lentegeur Psychiatric Hospital for 2 months.

After being discharged following an intense mental treatment and rehabilitation he discovered he was academically expelled from university as he was unable to write his final 2nd year exams and failed the special exams the following year. Not able to focus and still haunted mentally by the trauma of the sexual assault, an attempt at completing his degree through Unisa, became a frustrating and fruitless exercise. On 05 December 2008, while sitting at the office at Fairheads Benefit Services, where he worked as a bookkeeper, a sudden urge prompted Dorian to go for a random and unplanned HIV test with the a nursing sister at work. As the world had just commemorated World Aids Day, it was really done in solidarity of WAD and all it presented. Dorian declined counselling boldly, stating he knew his status.

For 2 years after being diagnosed HIV positive Dorian took ARV medication in silence. The pressure of secrecy, coupled with a deep sense of shame, brought about his 2nd mental breakdown in April 2010. After 3 weeks of hospitalization at Groot Schuur Hospital, with the assistance of the medical team, he eventually disclosed his status to his family.

He founded the NPO, Red Ribbon Foundation in December 2014 following the overwhelming success of the HIV/AIDS awareness Ball he hosted with the assistance of the Fairheads Social Group, on 06 December 2014 at the River Club Ballroom. Faghmeda Miller, the 1st Muslim woman in South Africa to publicly disclose her HIV positive status and 25 year long term survivor, was the guest speaker at this event and her story was the reason the event was created. Dorian had heard Faghmeda tell her story during the Annual Rector's Christmas Concert at UWC in December 2013 and was deeply moved and inspired. He made a decision that very night, this inaugural HIV/AIDS Ball became known as the Red Ribbon Ball, a social calendar highlight and major fundraiser for the organisation and for the greater Cape Town Community that he would create a platform for an HIV positive individual to tell their story and be celebrated for their bravery and strength.

Dorian counsels individuals, facilitates HIV/AIDS Education and Wellness Workshops and speaks at numerous events in an attempt to breakdown the stigma which still surrounds this manageable chronic condition.

To book, ***Dorian Basson as your motivational speaker contact:***

Alan Brand
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Employee Wellness Consultant and Specialist Trainer
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Nombuyiselo Mapongwana

Based from: Pimville, Johannesburg

Description: Motivational HIV+ Guest Speaker:

PROFESSIONAL PROFILE

A highly competent and hardworking HIV/AIDS educator, counsellor and mentor with 9 years experience in the HIV disease management programme under the Employee Wellness Programme in the workplace. Have a track record of creating continued awareness through sharing my personal experiences of living positively and productively with HIV/AIDS. Also do a lot of public speaking professionally and personally. Experienced in dealing with people and the media as well as disciplined in approach.

OBJECTIVE

Currently looking for new and challenging role as an educator, counsellor, program coordinator and motivator/mentor, within which I can share my knowledge and experience and help to make an existing programme a success whilst enabling further personal and career development. Nombuyiselo is a highly regarded, HIV positive, motivational speaker.

CAREER SUMMARY

HIV/AIDS Educator and Counsellor and AIDS Ambassador at Anglo American SA
February 2006- November 2015

Core purpose and responsibilities of her current job:

- Ambassador: Promote Anglo American's HIV disease management programme in the workplace, using other means of communication internally and externally, using my personal experience. Knowledge and understanding of individuals living with HIV/AIDS
- Organised annual HIV testing campaigns.
- Management of incentives for VCT Campaigns.
- Voluntary Counselling and Testing: To encourage participation of all employees in the company's care Wellness programme around the Johannesburg campus and the mines.
- Promote the HIVDMP as part of the programme as well.
- Promote VCT and Wellness for dependents through counselling sessions with staff and contractors. Adherence to corporate requirements regarding client anonymity and confidentiality.
- Part time Vision screening and Audiometric assessment under occupational health for medical records of employees.

Best Practice and Knowledge Sharing

Actively participates in various support meetings e.g. monthly departmental team meetings.
Floor warden and Safety rep. supervisor.
Member of the adjudicating panel for the Weekly Mail & Guardian Newspaper.

To book, ***Nombuyiselo Mapongwana as your motivational speaker contact:***

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A 2 Z of HIV -

Information Booklet

The **A 2 Z of HIV** booklet is a perfect handout for a World AIDS Day event. This little information booklet on HIV compiled by Alan Brand from Positively Alive is

packed with information and includes all the latest information in the prevention including U=U, PrEP and PEP, Treatment as Prevention (TasP) and much, much more.

About the author:

Alan Brand – Lives openly with his HIV status and is dedicated to making a difference in the life of those affected by HIV and AIDS, through the establishment of his own employee wellness consultancy and his involvement in providing a support network to men. Alan is an author and motivational speaker. His first book, “Positively Alive”, was published and distributed through Jacana Media.

His second book “Positively Alive Recipe Book”, published in 2014 by Micromega Publications, provides immune boosting recipes as well as information on nutrition and diet for people living with HIV.

Alan features in many publications and newspapers





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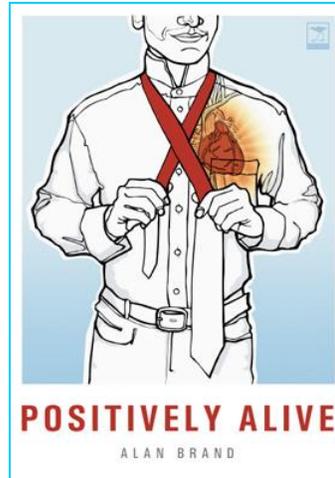
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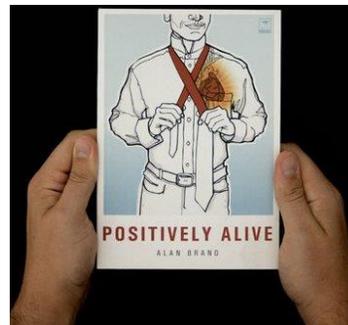
BEE Exempt - Micro Enterprise Level 4 EME Entity



Retail Selling Price SA: R165.00
(including VAT)

Physical dimensions
Weight: 0 grams
Size (mm): 210x148
Extent: 152 pages
Binding: Sewn
Colour description: None

Now available in PDF format from
Positively Alive



Author: Alan Brand
Published by: Jacana Media

Summary

As a successful, respected and widely accomplished businessman, the last thing Alan Brand expected was to be diagnosed as HIV positive. *Positively Alive* chronicles Alan's tremendous journey with HIV through vivid and personal journals where his revitalizing holistic approach to health became so successful that when he finally divulged his status he had trouble convincing people that he was in fact HIV positive. Breaking the silence about his status helped Alan to turn his HIV status into a positive force in transforming his life and the lives of others.

In writing, *Positively Alive*, Alan has revealed an intimate and compelling personal account of life with HIV. He shares practical and emotional steps that have helped him live positively with HIV in a rousing account that is both readable and remarkable and gives advice to those who are HIV positive and to their family, friends and caregivers on how to live positively and productively with HIV.

"In 1997 I left my doctors rooms in a state of shock. She had just told me that I was HIV positive. On that day a journey of discovery started.

I remember trying to think what I knew about HIV and found it was very little. One thing, and the only thing I could think of at the time was that I knew for certain I was going to die of AIDS, how long did I have?

I decided to remain silent about my status until I was ready to deal with it. I knew I needed information but didn't know where to find it. Information about HIV/AIDS was mostly about prevention and was based on frightening people into using condoms. I already knew I should have practiced safe sex. I was well informed about the risk of HIV and that I would die of AIDS. This information was useless at this point of my life. But every poster and pamphlet seems intent on propagating this type of fear-based information. Information about living with HIV was difficult to attain. I felt that if I asked for help, people would suspect that I had HIV.

In 1999 I had my CD4 count done, it was discovered that my CD4 had dropped to 236 and I was told that I must start antiretroviral therapy or I would be dead within 18 months. The shock of this news is hard to describe, I guess anger was my first response. My heart cried out in anger:

'Who is this doctor, is he God that he knows how long I have?'

That was the day that things really started to change. Six weeks after changing my attitude and beginning to take charge of the situation I had my CD4 count done and it had recovered to 549. The viral load had also dropped to undetectable levels. That was in January 2000 and at the time I managed to maintain my CD4 and my health without the use of antiretroviral therapy." Now since 2004, using ARV's Alan continues to remain positively alive.

HIV self-testing can play a critical role in ensuring the continuity of HIV testing services during this time, as it provides an opportunity to adhere to social distancing guidance and reduce the risk of exposure transmission for both beneficiaries and healthcare providers. Leading global health organisations are encouraging people to know their HIV status as part of their COVID-19 risk management. Undiagnosed HIV will place people at an increased risk of developing severe illness which means that they may require hospitalisation, intensive care, or a ventilator to help them breathe, or they may even die.

Our NGO BioSURE HIV Self Test packs are cost effective and all the components are in one pouch making it highly suitable for out-reach/hand out settings. The packaging will also allow you to add any campaign marketing stickers.

The BioSURE HIV Self Test is South Africa's only CE marked HIV home test kit, approved for non-professional use and is the only test that uses a true sample control line – whereas other tests have a procedural control line, which are often unreliable and indicate a false negative result.



An end user must have a way of knowing if they have performed their self test correctly. An HIV self test with only a procedural control line gives substantial risk of a false negative as there is no way of knowing if insufficient blood has been applied. This is a serious risk to both the individual and public health.

- The disadvantages of screening for HIV, with tests that use a procedural control line is cause for concern, as a user who has performed the test incorrectly will believe that they are HIV-negative, when they may in fact be HIV-positive.
- The advantages of screening for HIV, with the BioSURE HIV Self Test, which uses a true sample control line, is that if a user has performed the test incorrectly, the test will not give a result, which will prompt the user to re-test. With a CE marked HIV Self Test there is a much reduced risk of a false negative result.

Our BioSURE HIV Self Test has gone through rigorous user studies and proven that untrained end-users can perform the test and read the result as accurately as a trained healthcare professional.

Positively Alive World AIDS Day special offer: Provide a BioSure HIV Self Test Kit to your employees at your World AIDS Day event. The NGO pack is available to Positively Alive clients @ R85.00 (ex VAT).

Feel free to contact Wade Schaerer directly to place your order and mention that you are booking the Positively Alive Virtual World AIDS Day event to secure the above special offer.

Place your order directly with:

Wade Schaerer

BioSure ZA

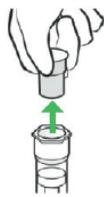
Making rapid testing an affordable reality

079 492 0342

wschaerer@biosure.co.za

www.hivselftest.co.za

1. Prepare



Remove the buffer pot from the top of the test device and place it in the hole in the tray.



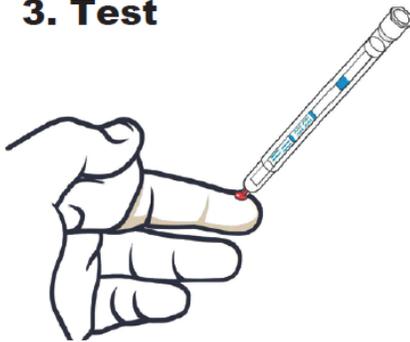
2. Sample



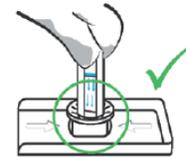
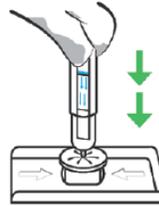
2-3mm

“SQUEEZE”

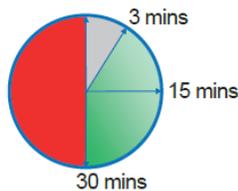
3. Test



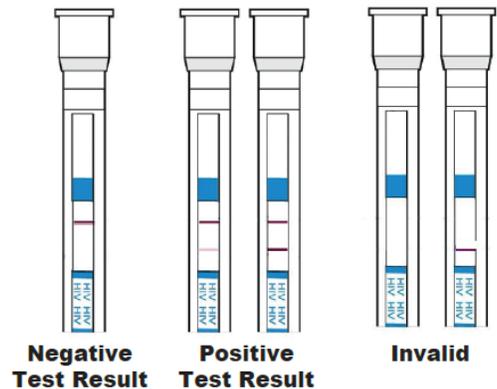
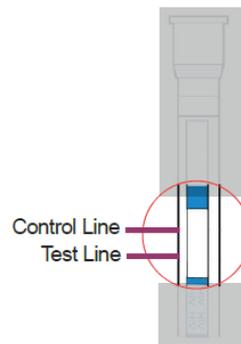
Now pierce the foil top of the buffer pot with the tip of the test device and **PUSH DOWN HARD**. It is essential that you **push** the test **down** to the bottom of the buffer pot until you can't push it any further.



4. Read



The test should be checked after about 3 minutes to ensure that it is running. Read the result after 15 minutes. Do not read after 60 minutes.



Negative Test Result

Positive Test Result

Invalid

Manufactured By:
BioSURE (UK) Limited
TNMC CC, 5 Mountain Crystal Crescent
Midstream Estate, South Africa 1692

www.biosure.co.uk

31024HST - BioSURE HIVST training card.
SA Rev 01 18AAR17



Store between 8-30°C



For in vitro diagnostic use only



For single use only



Lot Number



Catalogue Number



Instructions for use provided



Caution:
Consult accompanying documents



The meaning of CE mark symbols

The BioSURE HIV Self Test



The BioSURE HIV Self Test is very simple to perform and requires just a tiny drop of blood.

A person can test wherever and whenever is most convenient for them and get their easy to read **result in 15 minutes.**

It is a single use test, that is private, confidential and voluntary.

HIV is a treatable condition, once you know your status. With correct and early treatment you can protect your own and your partners health.

The BioSURE HIV Self is extremely accurate, however a positive test result must be confirmed by a healthcare professional.

The test may not detect recent infection. If a person has been exposed to HIV within the past three months, their negative result may not be accurate.

BioSURE HIV Self Test was the first approved CE marked product and is the best selling HIV self test in the UK.

For further information please visit: www.hivselftest.co.za or call **0860 023 930**

Restrictions on Use

- Not suitable for needle-phobic users.
- Not suitable for the detection of HIV infections that have been acquired within the last three months.
- Not suitable for users with a bleeding disorder.
- Not suitable for users below the age of 16.
- Not suitable for users receiving any form of treatment for HIV.
- Not suitable for users that have been included in an HIV vaccine study.

Limitations of the test

- The BioSURE® HIV Self Test will only indicate the presence of antibodies to HIV and should not be used as the sole criteria for the diagnosis of HIV infection.
- The BioSURE HIV Self Test may not detect HIV infections that have occurred within the last 3 months
- The procedure, precautions and interpretation of results for this test must be followed when testing.
- Positive results must be confirmed by a healthcare professional.
- You should not take any decision of medical relevance with regard to their condition

without first consulting a healthcare professional.

- If the test result is negative and clinical symptoms are present, additional testing using other clinical methods is recommended. A negative result does not at any time preclude the possibility of HIV infection.

Warnings & Precautions

- For single, in vitro diagnostic use only by a self-tester.
- This test is for use only with human whole blood
- If you normally wear spectacles to read you should wear them while performing the test and reading the results.
- It is recommended that you perform the test in a well lit area.
- Wash your hands and ensure that they are clean and dry before starting the test
- Do not eat, drink or smoke in the area while performing the test.
- Handle all samples as if they are capable of transmitting infection.
- Do not use if the foil pouch is damaged in any way (i.e. seal broken, tears, holes, etc.).
- Do not use if the expiry date printed on the pouch has passed.
- Do not open the pouch until you are ready to perform the test.

- Do not read the result more than 1 hour after performing the test.
- If the buffer solution comes into contact with your eye wash with a large amount of water. If the eye becomes irritated or painful, contact a physician
- If you mistakenly swallow the buffer solution wash your mouth out with a large amount of water. If your mouth becomes irritated or you start to feel unwell, contact a physician.

Storage

- This test can be stored at room temperature (8 to 30°C). It can but does not need to be stored in refrigerated conditions (2-8°C).
- DO NOT FREEZE.
- Do not store above a radiator or in direct sun
- This test should be performed at room temperature (2 to 30°C).
- Do not open the pouch until you are ready to perform the test

Disposal

- To dispose of your BioSURE HIV Self Test please place all of the components back in to the box and place the box into the opaque disposal bag included. The bag can then be sealed to help protect your privacy and thrown away with your normal rubbish.

BioSURE HIV Self Test – perfect for self testing



- Tiny 2.5ul blood sample (fraction of a drop of blood)
- No mixing or measuring required.
- 3 simple steps
- 15 minutes to give easy to read result
- Clear, simple instructions
(extensive evidence demonstrating usability)
- True in-built sample control line
(end user must have ability to know they have performed their test correctly with sufficient sample)
- Result stable for extended period
- >99.7% accurate
- No HIV test is easier



Link to product video <https://www.youtube.com/watch?v=WdoMwzTguV0>

