

| WHICH TEST? | HOW DO THEY TEST FOR IT? | HOW DO I KNOW IF I NEED THE TEST? | HOW OFTEN SHOULD I GET TESTED? |
|--|----------------------------------|--|--|
| HIV | blood | If your last test was negative or you've never been tested | At least annually, or every 3-6 months if you have more than one sex partner |
| Syphilis | blood | A must for sexually active gay men | |
| Gonorrhea and Chlamydia of the throat | throat swab | If you perform oral sex | |
| Gonorrhea and Chlamydia of the rectum (butt) | rectal (butt) swab | If you have receptive anal sex (bottom) | |
| Gonorrhea and Chlamydia of the urethra (penis) | urine screening or urethral swab | If you have insertive anal sex (top) or receive oral sex | |
| Hepatitis C | blood | If you are HIV positive or were born between 1945 and 1965 | |

Find testing locations at:

www.knowmystatus.org

www.hivtest.org



*Guide to
STD TESTING*

Take Charge: A Gay Man's Guide to Sexual Health

Gay men and Sexual Health

There are things you need to do to maintain a happy, healthy sex life—like getting tested for HIV and other sexually transmitted diseases on a regular basis.

As you may know, gay men are at increased risk of becoming infected with HIV. Gay and bisexual men account for more than two-thirds of all new HIV cases in Texas.

Gay men also face increased risk for STDs other than HIV. STDs increase the chances of HIV infection. If you have HIV, having an STD makes it more likely that you will pass HIV to someone else.

Many STDs are easily curable, and all are treatable.

The sooner you know your status, the better your treatment options are.

Don't wait for symptoms. Many STDs have no symptoms at first. The only way to know if you have HIV or another STD is to get tested at a doctor's office or a health department clinic.

Gay men
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2/3
of all new
HIV infections

What kinds of tests do gay men need?

When it comes to getting tested for gonorrhea and chlamydia, a urine test may not be enough for gay men. **A urine test cannot detect gonorrhea or chlamydia in the throat or anus.** If you perform

oral sex or have receptive anal sex (bottoming), be sure to get a throat and/or rectal swab to test for gonorrhea and chlamydia.

When it comes to getting tested for HIV and other STDs, once isn't enough. Sexually active gay men should test at least once a year, more often if you have more than one partner or your partner has other partners.

Some STDs are preventable through vaccination. The Centers for Disease Control and Prevention recommends that gay and bisexual men be vaccinated against Hepatitis A and Hepatitis B. The HPV vaccine is also recommended for men up to age 26.

Get
Vaccinated
Hepatitis A
Hepatitis B
HPV
(if you're under 26)

Some guys only go to the doctor when something is wrong. Dont be that guy!

It is important that you feel comfortable discussing all aspects of your health as a gay man with your doctor. If you're not comfortable "coming out" to your doctor, consider finding a new doctor.

You can also talk to your doctor about other sexual health issues, such as pre-exposure prophylaxis (PrEP) for HIV, erectile dysfunction, low testosterone, and prostate health.

For sexually active gay and bisexual men, the most effective ways to prevent transmitting or becoming infected with HIV are to be on antiretroviral medications (to either treat or prevent infection)

and to correctly use a condom every time for anal or vaginal sex.

Condoms are also effective in preventing STDs. However, condoms may not protect you against some STDs like genital herpes, which can be passed via skin-to-skin contact in areas not covered by a condom.

You can also help reduce your risk for HIV and other STDs by limiting the number of sex partners you have, choosing sexual activities that carry less risk for HIV/STD infection, and talking with your partners openly and honestly about HIV and STDs.

