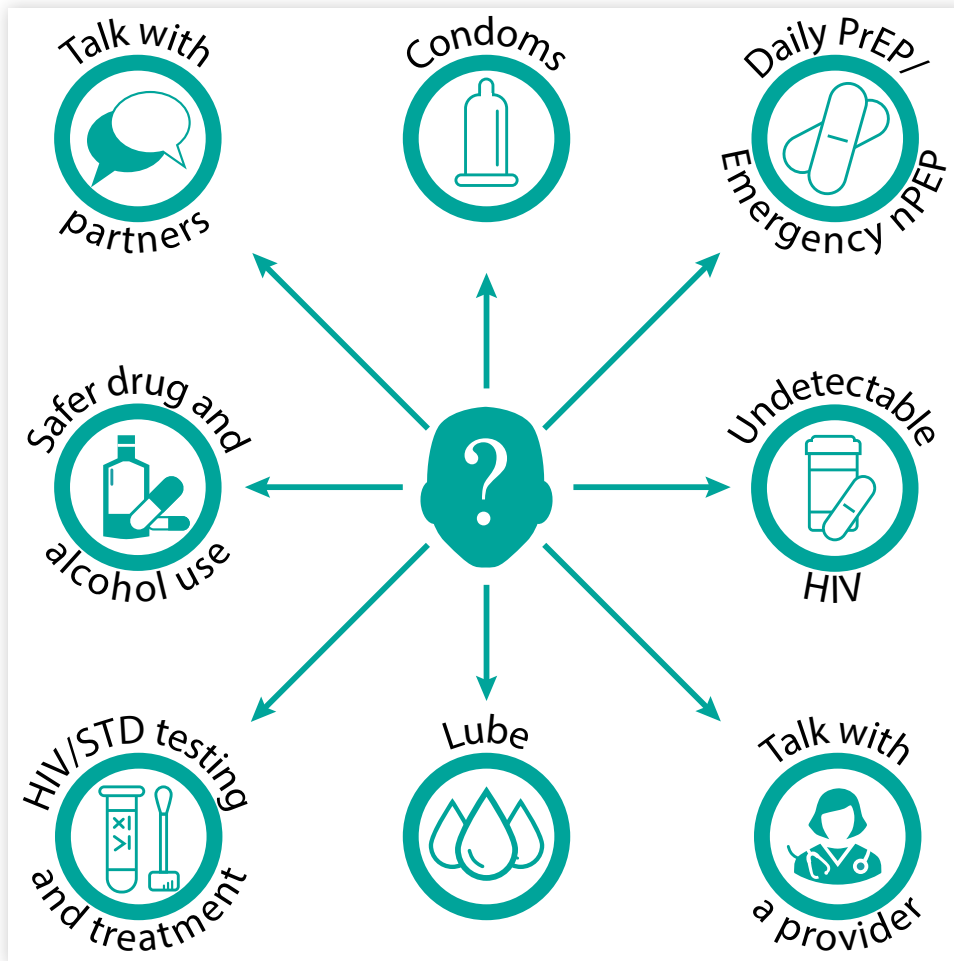


HEALTHY OPTIONS



Sexual Health Starts with You

Only you can decide which options fit you best.

Start with one option and then choose more.

The more options you choose, the more you are going to protect your health and the health of your partners.

PrEP is Pre-exposure Prophylaxis - *nPEP* is Non-occupational Post-exposure Prophylaxis

Daily PrEP/ Emergency nPEP

- PrEP is a pill you take every day to keep from getting HIV. PrEP does not prevent pregnancy or STDs like syphilis, gonorrhea, or herpes. You can visit tinyurl.com/PrEPTexas to view a list of PrEP providers in Texas.
- nPEP is emergency medicine that can prevent you from getting HIV. If you think you have been exposed through sex or needles, start nPEP within 72 hours and take it every day for a month.

Condoms

- Condoms can keep you from getting HIV and other STDs and can prevent pregnancy. There are many types of condoms, like ones that can be worn on the penis or inside the anus or vagina, and some that are non-latex.

Undetectable HIV

- When someone has HIV and takes medicine every day, the medicine can work so well that HIV cannot be found, or “detected,” in their blood. The medicine is controlling the virus so that it is “undetectable.” If someone has an undetectable status for more than 6 months, they cannot give HIV to others through sex. The only way to know if your HIV is undetectable is to see your provider and have your blood drawn for lab tests regularly.

Lube

- Lube can help prevent tiny tears in your body that can happen during sex and expose you to HIV. Don’t use an oil based lube (like Vaseline or baby oil) when you use condoms; it will make the condoms break down and tear.

Talk to a Provider

- Visit a medical provider for regular health check-ups and not just when you feel sick. Talk honestly about what kind of sex you have, who you have sex with, what types of drugs you use, and if you have sex while drunk or high. This will help them give you information about options for healthier sex.

STD/HIV Testing and Treatment

- Getting tested regularly for HIV and STDs helps you stay healthy since untreated STDs will cause life-long complications. If you use your mouth or anus during sex, ask a medical provider for swabs to check for STDs in those areas of your body, too. If you have an STD, treatment keeps you from spreading it to someone else. It may also help protect you from HIV, since having an STD can make it easier to get HIV.

Safer Drug and Alcohol Use

- If you inject drugs, hormones, or silicone, use new needles as often as you can. Don’t share needles or cookers, as this can expose you to HIV and hepatitis C.
- Making healthy decisions about sex gets harder when you are drunk or high. Plan ahead and know your limits to help keep yourself safe.

Talk with Partners

- Talk openly and honestly with your partners about sexual health (including getting tested for STDs, HIV, and hepatitis), drug/alcohol use, and prevention options. It might be uncomfortable, but these chats can lead to peace of mind, healthier lives, AND more pleasure.