

Talk about sexual health!

Key messages to discuss with clients*



Regular testing for STDs and hepatitis is just as important as regular HIV testing.

- Ask: When was the last time you were tested for STDs/hepatitis/HIV?
- Inform: STDs are common.
- Many people don't know they have an STD because they may not see symptoms.
- It's best to know early on if you have an STD.
- All STDs can be treated and some can be cured.
- STDs make it easier to get or transmit HIV.
- Get vaccinated against hepatitis A and B.
- The Gardasil vaccine can help prevent Human Papillomavirus (HPV) and cancer. It is recommended for both males and females ages 9-26.



Prepare before you party. Protect yourself & your partners.

- Ask: I'd like to talk with you about your partners. How do you find out your partners' HIV status? How do you tell your partners your HIV status?
- What situations may make it difficult for you to use condoms?
- Do you ever use alcohol or drugs before or during sex?
- Inform: Carry condoms with you so that you have them when you need them.
- You can insert a receptive partner condom (female condom) in the vagina or anus up to 8 hours before sex.
- Consider less risky behaviors (e.g., mutual masturbation, oral sex).
- Know your limits when drinking or using drugs.
- Plan to talk about your HIV/STD status with your partners. Ask your partners to get tested if they don't know their status.
- Avoid sharing injection supplies. Carry syringes, cookers, cottons, water, & tie-offs.
- Carry alcohol wipes, sterile pads, clean water, & bleach to clean supplies.
- Mark syringes and cookers with a colored marker to identify them.
- Avoid people or rushed situations that encourage syringe sharing.
- Avoid letting others inject for you.



Taking your medications helps protect your partners.

- Ask: What does having undetectable viral load mean for you and your partner(s)?
- Inform: Treating HIV with antiretroviral therapy can lower a person's viral load.
- Research suggests that having an undetectable viral load may greatly decrease, but not eliminate the risk of transmitting HIV to others.
- An undetectable HIV viral load will not protect you or your partner(s) from other STDs, so condoms and STD testing remain important.



You're not alone. We are here to help.

- Ask: What would be helpful to you? What might help you reach your goal?
- Inform: I care about your health and wellbeing. If you ever need support or assistance finding a service, I'm here for you.
- You can also call 211 or the Oregon HIV/STD Hotline at (800) 777-2437 to find information, support, or referrals to services.
- There are peer networks available to you, both in person and online.

*This document is intended to be a resource for staff and is not for distribution to clients.