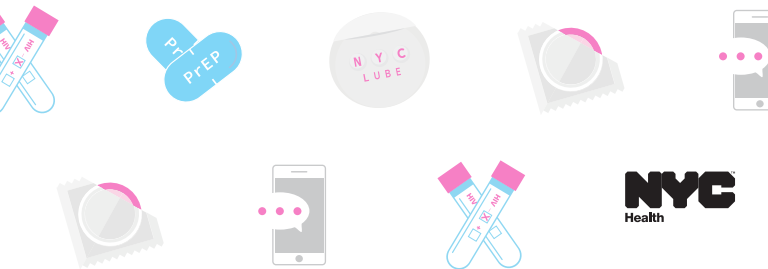


**BE SURE
PLAY SURE
STAY SURE**

TOGETHER WE CAN **STOP** THE SPREAD OF **HIV** AND OTHER **STIs**



BE SURE

GET TESTED FOR HIV



If you are having sex and/or using drugs,
get tested at least once a year.



If you have an HIV-positive sex partner,
get tested every three to six months.



If you are a man or a transgender person who has sex with men,
get tested every three to six months.



GET TESTED FOR OTHER STIs

- STIs (sexually transmitted infections) can make it easier to get HIV or to pass it to others.
- **You may not know if you have an STI.** Most infections do not cause symptoms.
- If you are a man or transgender person who has sex with men, your medical provider should test your blood and any parts of your body that you use during sex. **If you use it, check it!**
- **Get tested at least annually:** some people may need to get tested every three to six months. Talk to your provider to see what's best for you.

THE ONLY WAY TO BE HIV AND STI SURE IS TO GET TESTED



PLAY SURE

CHOOSE THE SAFER SEX COMBINATION THAT WORKS FOR YOU

If you're HIV-positive,

combine the prevention strategies below with treatment.



If you're HIV-negative,

combine the prevention strategies below with PrEP (pre-exposure prophylaxis). PrEP is a daily pill that greatly reduces your risk of HIV infection.



- **Use condoms as often as possible.** Condoms protect against HIV and other STIs. Find a condom that works for you and your partners. Health experts recommend using condoms made of latex or synthetic nitrile.
- **Add silicone or water-based lube, especially during anal sex.** Either type of lube is safe with latex condoms.
- **If you're worried about unintended pregnancy, talk to your provider.** There are many safe and effective birth control options available for you.



STAY SURE

TAKE MEDICATIONS TO TREAT OR PREVENT HIV

IF YOU HAVE HIV, GET TREATMENT AND STAY IN CARE

- **HIV care is not just about taking medications.** Even if you feel well, see an HIV doctor regularly to learn how to stay healthy.
- Starting treatment for HIV as soon as possible helps you **live a longer, healthier life.**
- If you take your HIV medications **every day**, you are much less likely to pass HIV to your partner.
- If you have trouble taking your medications or keeping your appointments, text **CARE** to **877877**. You can also ask your doctor about the NYC HIV Care Coordination Program or visit nyc.gov/health to find a care coordination site near you.

TAKE MEDICATIONS TO HELP YOU STAY NEGATIVE

PrEP* is a daily pill that greatly reduces your risk of HIV infection, especially if you don't always use condoms. Talk with your doctor or nurse about PrEP.



PEP* is an emergency medication that can prevent HIV infection, if started within 36 hours of exposure. If you may have been exposed to HIV, go immediately to a clinic or emergency room and ask for PEP.

Remember PrEP and PEP help prevent HIV, but they do not protect against other STIs. Use condoms to add more protection against STIs, including HIV.



Call 311 to find a provider with experience providing PrEP or PEP.

***PrEP:** Pre-exposure prophylaxis

***PEP:** Post-exposure prophylaxis



TALK ABOUT SEX

TALK TO YOUR PARTNERS

- Discuss **what you like and don't like** to keep your sex life pleasurable and safe.
- Share **when you last got tested** for HIV and other STIs. To be sure, get tested together.
- **Talk about PrEP** as an option for HIV prevention, especially if you don't use condoms every time you have sex.
- If applicable, plan on how to prevent unintended pregnancy.
- Support partners living with HIV to **get treatment and stay in care**, so they stay healthy and reduce the risk of passing HIV to others.

TALK TO YOUR HEALTH CARE PROVIDER

- **Have an honest discussion** about the kinds of sex you have and your condom use. Sharing these things helps your provider know which testing and prevention options might be best for you.
- Talking honestly about your sex life is an important part of your health care. If your provider doesn't bring it up, you should.
- If you don't feel comfortable having this conversation with your current provider, consider switching to another provider. You have the right to respectful, non-judgmental and confidential care.
- **Tell your provider if you recently had a fever, swollen glands, sores on your genitals or a rash** – these could be signs of a new HIV or syphilis infection.



If you use it, check it!

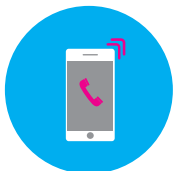
Make sure your medical provider tests your blood and any parts of your body that you use during sex for STIs.

A urine test may not be enough – you might need throat and anal tests, especially if you are a man or transgender person who has sex with men.



RESOURCES

- **To get free or low-cost health insurance**, call 311 for an enrollment location near you.
- **To find free or low-cost HIV testing**, call 311 or text TESTNYC to 877877.
- **For STI testing**, visit your provider or call 311 to find an NYC STD Clinic.
- **For help with HIV care and treatment**, call 311 or text CARE to 877877.
- **For more information about PrEP or PEP**, talk to your provider or call 311.
- **To find free condoms**, call 311 or download the NYC Condom Finder app from nyc.gov/health.
- **To find #PlaySure Kits**, call 311.
- **For free or low-cost birth control**, call 311 or visit nyc.gov and search "birth control."
- **For help with anxiety, depression, or alcohol or drug use**, speak with your health care provider or call 311.



CALL 311



TEXT 877877



VISIT YOUR PROVIDER

PLAY SURE KIT



BE SURE

Call 311 to order copies of this pamphlet.
nyc.gov/health/hiv

