

# WINTER

## Your winter self-care checklist

Give yourself the gift of good health with these tips:



**Check** Now is a great time to schedule a health and wellness check. Ask your health provider what screenings you might need.



**Vaccinate** The COVID-19 vaccine is the best way to prevent COVID-19, at no cost to you. Make sure you're up to date on your routine vaccinations, too.



**Talk** Want to talk? Call/text Washington Listens at 1-833-681-0211 for free, anonymous support. Language assistance is available.



**Test** Care for your sexual health by scheduling a confidential, nonjudgmental test for HIV/STIs and Hepatitis C.



**Get condoms** Condoms are easy to get, easy to use, and free near you.



**Keep up** If you're living with HIV, consistent treatment keeps your viral load undetectable. **Undetectable = Untransmittable (U = U)**. Learn more: <https://gettested.cdc.gov/>



**Ask** PrEP is a daily pill that can keep you HIV-negative. Ask a health provider if PrEP is right for you.



**Agree** Consent should be clear, ongoing, and voluntary.