

SUMMER

Summer is here. Time to...



Test Testing dropped during the pandemic. Schedule a confidential, nonjudgmental test for HIV/STIs and Hepatitis C.



Cover Condoms are easy to get, easy to use, and free at locations near you.



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



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



Immunize The COVID-19 vaccine is the most effective way to prevent the virus.



Accept and agree Consent should be clear, ongoing, and voluntary.



Vibe It may have been awhile since you got together. Be kind to yourself. It's okay to take things slow.



DOH 150-149 CS June 2024 To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email doh.information@doh.wa.gov.

