

# SUMMMER

*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.