

SUMMER

summer lineup



Get sterile stuff If you inject, use new supplies every time. Visit your syringe service program for FREE supplies and other services.



Carry naloxone Carry naloxone and know the signs and symptoms of opioid overdose.



Test STIs are on the rise. Schedule a confidential test for HIV/STIs and Hep C.



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/>



Prepare PrEP is a highly effective medication that can keep you HIV-negative. Ask a health care provider if PrEP is right for you.



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



Wrap Condoms give you big protection from STIs. Use them with water or silicone-based lube to avoid friction.



Go low, go slow Do a tester shot, line, bowl or bump. You can always put more into your body, but you can't take it out once it's there.



Ask Interested in substance use treatment like buprenorphine? Talk with your syringe service program, call the Washington State Recovery Helpline, or ask your doctor for help.

Call, text, or chat 988 to reach the 988 Suicide & Crisis Lifeline. The 988 Lifeline is confidential, free, and available 24/7/365



DOH 150-153 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.

