

# SUMMER

## summer lineup



**Get sterile stuff** If you inject, use new supplies every time. Visit your syringe service program (SSP) 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** PPrEP 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 SSP, call the Washington 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.