

WINTER

It's the end of the year.

Time to check in with yourself and:



Test 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: iamnotarisk.org.



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



Immunize From COVID-19 to the annual flu shot, protect yourself by getting caught up on all your immunizations.