

WINTER

Your winter self-care checklist

Give yourself the gift of good health with these tips:



Check Now is a great time to schedule a health and wellness check. Ask your health provider what screenings you might need.



Vaccinate The COVID-19 vaccine is the best way to prevent COVID-19, at no cost to you. Make sure you're up to date on your routine vaccinations, too.



Talk Want to talk? Call/text Washington Listens at 1-833-681-0211 for free, anonymous support. Language assistance is available.



Test Care for your sexual health by scheduling a confidential, nonjudgmental test for HIV/STIs and Hepatitis C.



Get condoms Condoms are easy to get, easy to use, and free near you.



Keep up If you're living with HIV, consistent treatment keeps your viral load undetectable. **Undetectable = Untransmittable (U = U)**. Learn more: iamnotarisk.org.



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



Agree Consent should be clear, ongoing, and voluntary.