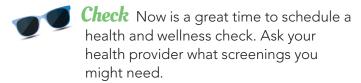
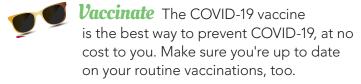


## Your self love checklist





Talk Want to talk? Call/text Washington Listens at 1-833-681-0211 for free, anonymous support. Hours: M–F 9AM–9PM, weekends 9AM–6PM. Language assistance is available.

Test Care for your sexual health by scheduling a confidential, non-judgmental test for HIV/STDs 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: iamnotatrisk.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.



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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 civil.rights@doh.wa.gov.