

Integrated, Streamlined Prevention Message for HIV, STDs and Viral Hepatitis

If you inject drugs... If you have more than one sex partner... You can protect yourself and your partner from HIV, STDs and Hepatitis

Vaccines can protect you from some types of viral hepatitis.

Consider getting vaccinated for hepatitis A and hepatitis B if you:

- inject drugs
- have more than one sex partner
- are a man who has sex with men
- have anal sex or put your mouth or fingers around your partner's anus
- are a person living with HIV or Hepatitis C

Viral hepatitis, HIV and STDs can be passed by sex

Whenever possible, some ways to reduce your risk of these diseases are to:

- use a condom with lubricant every time you have vaginal or anal sex
- use a condom without lubricant during oral sex on a man
- use a dental dam, cut condom or plastic wrap during oral sex on a woman
- wash your hands before and after having sex
- if you have not had a vaccine for Hepatitis A, don't put your mouth on your partner's anus; don't put anything that has been near your partner's anus in your mouth (fingers, sex toys, etc.)

Sharing injection equipment can easily pass HIV and viral hepatitis if one person is infected

Viral hepatitis and HIV are easily passed by contact with someone else's blood when injecting. If you want to stop injecting or learn how to do it more safely, help is available.

Whenever possible, some way to reduce your risk of hepatitis are:

- use a sterile syringe every time you inject
- avoid sharing your works including water, needle, cotton, filter, caps, cooker, spoon, etc (especially if a sterile syringe is not available)
- clean the surface where you prepare drugs and avoid contact with anything that has blood
- clean the injection site before injecting
- wash your hands before and after injecting

Talk with your sex and needle sharing partners

Discuss your thoughts and concerns about viral hepatitis, HIV, and STDs with your partners. Whenever possible, talk about how you can protect each other.