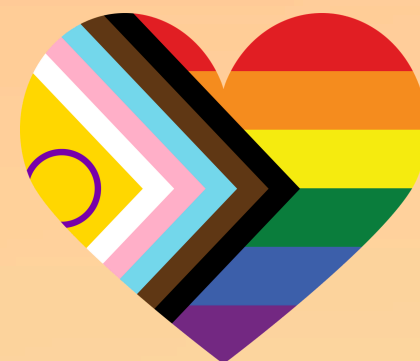


INTEGRATED HEALTH & OUTREACH PROGRAM

Our team addresses stigma while providing culturally relevant education, prevention, and treatment services to those who are at risk or affected by STIs, HIV, Hepatitis C, and Substance Use Disorder (SUD).

Our services are available to **anyone and everyone** in our community.

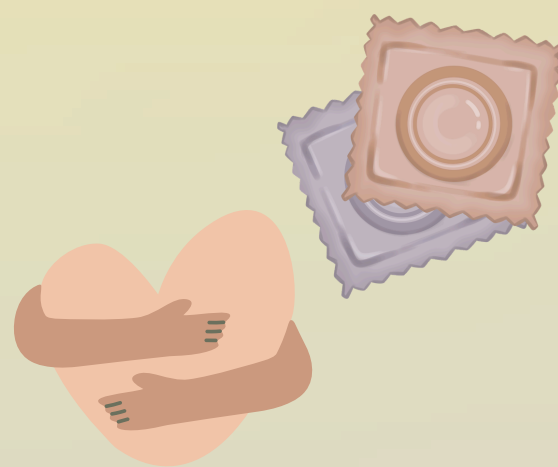


Join us for our **Spilling the Tea on Sex-Ed Trivia** series. Drink tea, eat, and win prizes as you learn more about STI prevention, safer sex approaches, consent, & healthy habits.

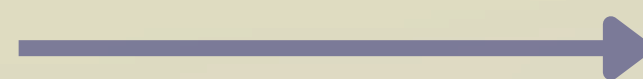
Ask us about:

- Safer sex education/tools
- PrEP and PEP services
- HIV Care & Treatment
- Case Management
- Overdose Prevention

WE OFFER FREE SAFER SEX ITEMS



ORDER FOR FREE HERE



If you have any questions, please connect with our team:

NHIHO@nachci.com
602-279-5262 or 602-848-3445

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WHAT ITEMS CAN I ORDER?



Order and/or order these free resources from our team whenever you may need them! Our team will assure that these products are available for pickup at the clinic nearest you.

WHAT CAN I ORDER FROM THE FREE ORDER FORM?

Safer Sex Items

- Internal Condoms (FC2)
- External Condoms
 - Assorted Latex
 - Magnum
 - Latex-Free
- Dental Dams
 - Assorted latex
 - Latex-free
- Water-based Lube
- Silicone-based Lube
- HIV Self-Test Kits



Overdose Prevention tools

- Naloxone/Narcan

ORDER FOR
FREE HERE



YOUR FREE ORDERS CAN BE PICKED
UP AT ONE OF OUR NATIVE HEALTH
CLINIC LOCATIONS.

For questions, contact:
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602-279-5262 or 602-848-3445



★ WHAT ARE SAFER SEX PRACTICES? ★

Safer sex practices are approaches and methods used in sexual activity that minimize your risk for harm, infection, and unwanted experiences.

These practices provide the same protections to your partner(s).
Safer sex practices apply to everyone.

EXAMPLES OF SAFER SEX PRACTICES:

- Asking and maintaining consent.
- Respecting personal boundaries.
- Have conversations about what works best for you and your partner.
- Keep an open dialogue throughout your relationship.
- Get tested regularly or at least once a year.
- Using barrier protection products like condoms (and lube!)
- Consider taking PrEP (pre-exposure prophylaxis) if you are at on-going risk for HIV exposure.



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WHAT IS BARRIER PROTECTION?



Barrier protection such as condoms and dental dams are highly effective at preventing STI spread through bodily fluids.

Their effectiveness depends on consistent and correct use.

WHAT FORMS OF BARRIER PROTECTION ARE THERE?

- **External condoms** can be used by the insertive partner during oral, vaginal, or anal sex. Condoms come in different sizes & styles so there is a fit for everyone.
- **Internal condoms**, or FC2s, can be placed inside of the receptive partner's body during vaginal or anal sex. FC2s are also a good non-latex option.
- **Dental dams** provide a thin barrier between a person's mouth and their partner's genitals or anus during oral sex.
- Remember, use only one condom at a time.



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WHY IS LUBE A SAFER SEX TOOL?



Lube helps to reduce the risk of STIs and other complications during sexual activity.

Lube reduces friction, which lowers the chance of condom breakage and helps to prevent small tears in the skin or mucous membranes that infections need to spread.

WHAT KINDS OF LUBE CAN I USE WITH CONDOMS?

- **Water based lube is good** for use with condoms.
- **Silicone lube is good** for use with condoms.
- **Oil based lube is not good** for use with condoms as oil can make condoms break.
- **Lotions are not good** for use with condoms as they often contain oils that can make condoms break.



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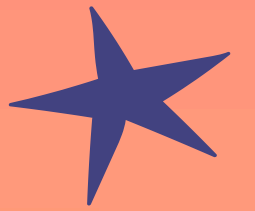
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WHAT IS A RAPID HIV TEST?



A rapid test uses a small amount of blood or an oral fluid sample to provide results in 20 minutes or less.

It is recommended that everyone 15 years old and older get tested at least once. #knowyourstatus

HOW DOES THIS TEST WORK?

- When the HIV antigen enters the body, the immune system starts to produce antibodies, a type of immune cell, to respond to the HIV antigen. Rapid tests work by detecting the presence of HIV antibodies that the body's immune (defense) system created in response to an HIV infection.



WHAT KIND OF RESULTS CAN I GET?

- A **nonreactive**/negative test can mean that there were not any antibodies detected at the time of testing.
- A **reactive**/preliminary-positive means that the test likely detected antibodies and you will need to see your provider for a confirmatory test.
- An **inconclusive** test should be followed up with a repeat test with a provider.
- **No matter your test result, our team is here to support you and answer any questions you may have.**

Early detection helps to connect people to care and treatment sooner, reducing the risk of transmission and long-term health complications.

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WHAT IS PrEP?



Pre-Exposure Prophylaxis (PrEP) is a medicine used by people who are not living with HIV to prevent HIV acquisition.

HOW EFFECTIVE IS PrEP?

- PrEP is 99% effective at preventing HIV from sex when used as prescribed.

WHAT KINDS OF PrEP ARE THERE?

- Currently, there are oral and injectable forms of PrEP available



HOW DOES PrEP WORK?

- PrEP medications work by interrupting or blocking different portions of the HIV life cycle, preventing the virus from establishing itself and spreading in the body
- Though PrEP greatly reduces your risk of HIV, it does not protect against other STIs - people using PrEP get tested for HIV and STIs every 3 months for follow up and treatment as needed.

WHO IS PrEP FOR?

- **PrEP is for ANYONE not living with HIV.** Anyone sexually active without correct and consistent condom use is at risk of HIV acquisition.
- Because STIs significantly increase your risk of HIV acquisition, PrEP is a good option for those who have had an STI, or who have a partner who have had an STI, in the last 6 months.
- PrEP is a good option for folks that could be at high risk of HIV transmission through injection drug use.

Talk to your primary care provider about PrEP or schedule an appointment with our medical providers to establish care!

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★ WHAT IS U = U? ★

U = U stands for Undetectable = Untransmittable

WHAT DOES “UNDETECTABLE” MEAN?

- Undetectable refers to being virally suppressed. When HIV medication is taken as prescribed, it reduces the viral load, or amount of HIV in blood, to a level so low that the standard lab test cannot detect it.
- Not only does being virally suppressed help people living with HIV live long and healthy lives, it also prevents transmission of HIV.



WHAT DOES “UNTRANSMITTABLE” MEAN?

- When people taking HIV medication achieve viral suppression and become undetectable, they **cannot** to transmit HIV to their partners through sex.
- In addition, pregnant people who achieve and maintain an undetectable load significantly reduce the risk of HIV transmission during pregnancy, labor, and delivery.

Having an undetectable viral load only prevents transmission of HIV, not other STIs. Talk with your provider about how to prevent transmission from other sexually transmitted infections.

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WHAT IS NARCAN/NALOXONE?



Naloxone, also known as Narcan, is a medication that can save lives by reversing opioid overdoses - including those from fentanyl, heroin, and opioid pain medication.

Narcan is **safe** and **effective** - it will **not** harm someone who is not experiencing an opioid overdose.

HOW DO I USE NARCAN?

- Check for signs of overdose
- Call 911
- Lie person on their back
- Remove device from package - do not test this device as it only has one dose per device.
- Tilt the person's head back.
- Hold the device with thumb on the bottom of the plunger with your first and middle fingers on the side of the nozzle.
- Press the plunger firmly with your thumb to give the dose & remove from nostril.
- Move person on their side and monitor
- If needed, give a dose every 2-3 minutes.
- Perform CPR until emergency medical help arrives.



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