

## Get a free hepatitis A vaccine

- Hepatitis A (hep A) can be very serious and even deadly for people who already have liver disease (for example from hepatitis C or alcohol).
- You can get a vaccine (shot) to protect you from hep A.

## Protect yourself from shigella

- Shigella is a germ that causes diarrhea and crampy stomach pain.
- If you have diarrhea, clean your hands often, and don't have sex until the diarrhea is gone.

## WHERE TO GET TESTED

### Multnomah County STD Clinic *(Get PrEP here too!)*

in the Gladys McCoy Building  
619 NW 6th Ave., 2nd Floor, Portland  
503-988-3700

### Harm Reduction Clinic

12425 NE Glisan St., Portland  
Monday & Thursday, 11am-7pm  
503-988-0577

### Outside In Syringe Exchange

1219 SW Main St., Portland  
Monday-Friday, 12-4 pm  
503-535-3826



# HEADS UP!

## SHARP RISE IN HIV AND SYPHILIS



The biggest HIV increase is among people using drugs, especially meth. If you use meth, shoot drugs, or have sex with someone who does, you can get free HIV and syphilis tests.

Your Health Matters! Protect yourself against HIV, syphilis, hepatitis A and shigella.



# YOU CAN PROTECT YOUR HEALTH. YOU ARE WORTH IT!

## Get a free HIV test

- Portland is seeing a rise in HIV in people who use drugs, especially meth.
- HIV is spread through sex without a condom and sharing works.
- If you have HIV, there are medicines that stop you from getting sick and stop it from spreading.
- If you don't have HIV, you can get a medicine (PrEP) that will protect you from getting HIV.

## Get a free syphilis test

- Syphilis can damage your body and brain.
- Syphilis is spread through sex without a condom – especially men who have sex with men and their female partners.
- If you have syphilis, there is medicine that will cure it and stop it from spreading.



## Protect yourself

- Use a condom when you have sex.
- Exchange your used syringes for new ones.
- Use clean works.
- Get tested for HIV.

## Get tested even if you don't share rigs

- Did you prepare the drugs you injected? Do you know what was used to mix and draw up the shot?
- Has your cooker, cotton, or water ever made contact with someone else's USED needle?
- If you backload (piggyback) from someone else's rig, was that rig and what's in it brand new?

LEARN MORE AT [MULTCO.US/HIV2019](http://MULTCO.US/HIV2019)