

# PROTECT YOURSELF AND OTHERS

Infections such as **HIV, hepatitis C and hepatitis B** can be **prevented**.

**Working** together, we can **stop** their spread in our communities.

## Get informed. Get tested.

Talk to your local health care provider to find out more or visit [www.SLFNHA.com](http://www.SLFNHA.com)

Tests and immunizations are available at your local nursing station or health unit



**Sioux Lookout First Nations Health Authority**  
Health Care in Partnership with First Nations

Brought to you by the Sexually Transmitted / Blood Borne Infection Working Group  
With funding provided by Health Canada



## **Are you at risk for HEPATITIS B, HEPATITIS C or HIV?**

- Have you ever:
- Had sex without a condom?
  - Had oral sex?
  - Used a needle that was used by someone else?  
(for drugs, piercings, tattoos)
  - Used drug tools that were used by someone else?  
(pipes, straws, spoons, filters, water)
  - Shared sex toys?

If you answered 'yes' to any of these questions **GET TESTED.**

### **PROTECT YOURSELF, YOUR FAMILY, YOUR FRIENDS.**

- Always use lubricated condoms for sex (vaginal or anal)
- Use dental dams or condoms for oral sex
- Never use someone else's needles, spoons, straws, water, filters or pipes
- Get tested and treated for sexually transmitted infections
- For your general health, you should never reuse needles

**FOR CONDOMS, CLEAN NEEDLES, TESTING and IMMUNIZATIONS** go to your local nursing station or health unit