

SEX HEALTH GUIDE

Summer with its major festivals and events is a time of year that leads to sexual encounters. The **SEX Health Guide** is aimed at men who have sex with men and provides information on measures to prevent sexually transmitted and blood-borne infections.

Unprotected sex can lead to the spread of these diseases, including syphilis and HIV, while consuming alcohol and other psychoactive substances can reduce one's awareness and vigilance.

Check out the guide to find preventative tools that are right for you.

Have a great summer!

Protection and prevention Before the action

Was your most recent HIV or other STI screening test more than 3 months ago? Do you need to get vaccinated against **hepatitis A and B**, and **HPV**?

[Book an appointment at a clinic](#)

Do you have enough medication and are you remembering to take it (HIV treatment or pre-exposure prophylaxis or PrEP)? These medications help prevent HIV transmission.

[For more information about your options, contact the resources listed below](#)

Have you been vaccinated against mpox? Did you get 2 doses?

[Book an appointment or go to a walk-in vaccination centre.](#)

Are you ready for fun?

Buy condoms and lubricant in a pharmacy or get them for free in many Village businesses or community groups.

If you have gastro or diarrhoea, avoid as much as possible having sexual contacts **Help and Resources**

Emergency

- [Call 911](#)

Need to talk?

- Call 811, then press 1 to talk to a nurse or 2 for psychosocial support

Screening, information on STIs, PrEP, PEP, prevention

- pvsq.org
- maprep.org
- pretpourlaction.com

Vaccination and screening

- clicsante.ca

Information on drugs

- bit.ly/REZO-Conso

Intervention and prevention materials

- 438-867-CHEM (2436)