

Vaccines and testing remain crucial tools for reducing risk of transmission and disease severity. Discuss your sexual health and any concerns with a healthcare provider so that you can get the appropriate testing and vaccines you need to remain healthy.



LEARN MORE:
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**HEALTH AND
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Division of Public Health

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IN YOUR SEXUAL HEALTH

Prioritize your sexual health. Use safer sex practices. Get tested. Get vaccinated.



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TAKE PRIDE NOW!

TAKE part in safer sex practices. They can lower your risk of exposure to sexually transmitted infections (STIs) which are spread mostly by unprotected sexual contact. This includes anal, oral, vaginal, and some skin-to-skin contact.

- Talk to your partner openly about your sexual health
- Use barriers such as condoms and dental dams to prevent exposure to STIs
- Spend time getting to know your partner(s) and their sexual health
- Get tested!
- Talk to a healthcare provider about PrEP
- Get vaccinated against mpox, if eligible.

PRIDE yourself in prioritizing your sexual health by getting tested regularly for STIs and getting vaccinated against mpox, if eligible. North Carolina continues to ensure equitable access to vaccines through partnerships with local health departments, primary care physicians, Federally Qualified Health Centers, community health workers, and other vaccine ambassadors. Search for free and confidential testing and vaccines for yourself, your partner, or your community. Talk to your doctor or your local health department: www.ncdhhs.gov/LHD

NOW is the time to take the first steps! If left untreated, sexually transmitted infections can lead to more health complications.

- Visit your doctor or local health department to get tested.
- Get vaccinated against mpox, if eligible.
- Get any unfamiliar rash checked by a healthcare professional so treatment can begin immediately.
- Talk to a healthcare provider about other vaccines that may be recommended for you.



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Syphilis: CDC, Dr. M. F. Rein