



# Protect Your Sexual Health: Tips for the LGBTQ+ Community



## Take control of your sexual health. Find testing, prevention, vaccine, treatment services, and more information.



**Get tested:** Getting tested and knowing your status gives you powerful information to keep you and your partner(s) healthy. There are many free or low-cost options for getting tested, including at your doctor's office or a community clinic, at home with a self-test for HIV, or a self-collection kit to test for some STIs.



**Learn about prevention options:** PrEP (pre-exposure prophylaxis) is medicine that can prevent you from getting HIV from sex or injection drug use. Condoms can prevent HIV and other STIs. If you have HIV, getting in care, staying on treatment, and having an undetectable viral load can keep you healthy and prevent you from transmitting the virus to your sex partner(s).

[cdc.gov/LGBTHealth/Summer](https://www.cdc.gov/LGBTHealth/Summer)



**Get fully vaccinated for mpox:** There is a 2-dose vaccine available to prevent mpox. People need to get both doses of the vaccine for the best protection against mpox. The second dose should be given 4 weeks after the first dose, but even if you received your first mpox vaccine dose months ago, you can and should get your second dose now. You can choose how the shot is given to you and where on your body you get the shot.



**Find a health care provider you can trust:** You should feel comfortable talking with your health care provider about the types of sex you have so that they can offer testing, prevention, and treatment services that are right for you. If your doctor is not willing to discuss all available options, find a new provider who respects and understands you. If you are looking for an LGBTQ-friendly provider, consult the directories found here: [www.cdc.gov/lgbthealth/health-services](https://www.cdc.gov/lgbthealth/health-services).