

FCK SMRTR

An ACT UP/NY Toolkit

  **actupny**

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FCK SMRTR! FIGHT HARDER! FIGHT AIDS! ACT UP!

Among gay men & transgender women, **transmission of HIV is ACCELERATING**. Unless we **ACT UP**, **more than half of young gay men & trans women will be HIV-positive before they are 50**. We must take responsibility for our health!

Smarter Sex starts with testing. **Know your status**. Whether you're HIV+ or HIV-, **talk about it. Don't contribute to HIV stigma**. Your health & our health depend on it. Test for syphilis, chlamydia & other sexually transmitted infections. Find a location to get tested at www.hivtest.org.

If you're HIV+, **get medical care**. HIV treatment today is highly effective for most people with few side effects, but it is a commitment. HIV+ people today live healthy lives with normal lifespans. With treatment you can **maintain your health & greatly lower the risk you'll transmit HIV to your partners**.

Use quality condoms & lube. Used consistently, condoms (with water- or silicone-based lube) are highly effective against transmission of HIV & most Sexually Transmitted Infections (STIs).

If you're HIV-, **know about Post-Exposure Prophylaxis (PEP)**. If you fucked without a condom or the condom broke, you can still prevent HIV infection with PEP if you act quickly—within 3 days of exposure, every hour counts. In NYC: call the **Men's Sexual Health Project—at New York University**—646.501.5200, or go to pepnow.org for more locations.

If you're HIV-, **consider Pre-Exposure Prophylaxis (PrEP)**. PrEP is a daily dose of HIV drugs that greatly reduces the risk of infection—especially when used with condoms—but only if taken as directed.

Know your risks. Jerking off with your partner poses no risk. Sucking dick has very low risk—so does fucking with a condom. Fucking without a condom is risky—highly risky if you're getting fucked. Having your partner pull out before he cums might reduce risk but won't eliminate it. If you're HIV+ & achieve an undetectable viral load, the longer you stay that way, the less infectious you are. **Knowing your partner's HIV status only reduces risk if you REALLY know it—over 50% of young gay guys who are infected with HIV DON'T KNOW IT.**

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ACT UP
actupny.com

ACT UP meets every Monday, at 7 PM, in the LGBT Community Center, 208 West 13th Street, b/w 7th Avenue & Greenwich Avenue
COME & JOIN US

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