



Get tested in the comfort of your home in the District or at a lab in the DMV area. GetCheckedDC is a free program that provides DC residents with confidential, convenient testing for both HIV and sexually transmitted diseases (STDs).

Check out [GetCheckedDC.org](https://www.getcheckeddc.org) to get free, confidential HIV and STI testing. Washington D.C. residents can do walk-in HIV testing at any Labcorp Service Center in the DC metropolitan area free of charge. Alternatively, free at-home testing kits can be mailed to D.C. residents.



Find Resources with LinkU! Visit [linkudmv.org](https://linkudmv.org), the DC Health resource guide to find more general HIV information as well as health clinics, PrEP, HIV treatment providers, and HIV support and social services in the D.C. metropolitan area.



Positive Voices Podcast! Hear stories from people living with HIV.

Feel supported and uplifted by Positive Voices, a podcast bringing knowledge and empowerment to the DC metropolitan area by amplifying the voices of people living with HIV and their allies. Visit [DCendsHIV.org](https://www.dccendshiv.org) and click Podcast to watch.



Find us online or social media for more information, resources, and support!



[dccendshiv.org](https://www.dccendshiv.org)



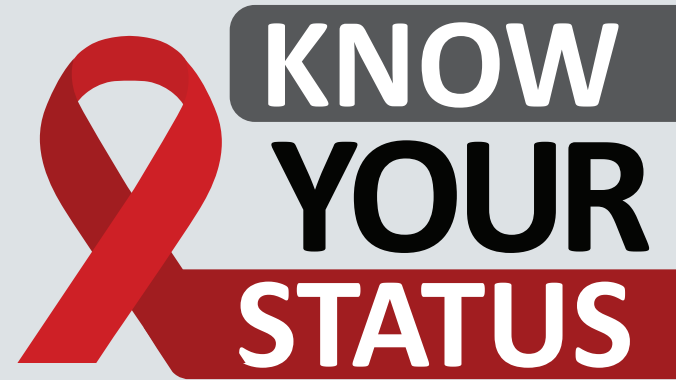
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# WHAT IS HIV?

HIV stands for human immunodeficiency virus. It is a virus that weakens the body's immune system, making it more difficult for people with HIV to fight infection and disease. While there is currently no cure for HIV, people with HIV can live long, healthy lives if they have appropriate medical care. If untreated, HIV can develop into AIDS (Acquired Immunodeficiency Syndrome) which can be life-threatening. However, there are medications that can control HIV, prevent the progression to AIDS, and make it less likely to pass HIV to others. Appropriate medical care and treatment can result in an undetectable HIV viral load, significantly lowering the likelihood of transmitting HIV to others.

## WHO IS MOST AT RISK?

- Black men who have sex with men
- Black women
- Youth ages 13-24
- Latino men who have sex with men

## HOW DO YOU CONTRACT HIV?

HIV can be spread by bodily fluids, specifically blood, semen/pre-seminal fluids (cum), vaginal fluids, rectal fluids, and breast milk. HIV infection can occur when these fluids from a HIV-detectable person come into contact with a mucous membrane (such as the mouth, vagina, or rectum), broken skin (such as a wound), or are injected directly into the body.

## HOW TO LOWER YOUR RISK?

**Safe Sex Practices** – This includes getting tested for HIV and other sexually transmitted infections (STIs), knowing your status, and knowing the status of your intimate partner. Properly using barrier methods such as condoms. Abstaining from sex practices.

**Website:**  
[sexualbeing.org/get-condoms/free-condoms/](http://sexualbeing.org/get-condoms/free-condoms/)

**Preventative Medications (PrEP)** – PrEP is medication that can be taken to help lower the likelihood of acquiring HIV. It involves taking a daily pill or receiving an injection every two months. Talk to your healthcare provider and discuss your activities and/or risk factors to help determine if PrEP is a good option for you.

**Use Sterile Needles/Medical Equipment**  
Whether taking a prescribed medication or participating in recreational drug use, using new, sterile (professionally sanitized).

**Post Exposure Prophylaxis (PEP)** – PEP is an emergency medication for people who are HIV-negative and may have been exposed to HIV. PEP is meant to be used fast after an exposure to HIV and is very effective when started within 72 hours after a possible exposure to HIV. DC residents can access PEP via the DC PEP Hotline at (202) 299-3PEP (3737) or by calling the DC Health and Wellness Center.

**Website:** [www.getpepdc.com](http://www.getpepdc.com)



Visit the DC Health and Wellness Center for PrEP, PEP, STI and HIV testing and treatment. Visit in-person or use our TelePrep Services including:

- Consultation with a medical provider
- Lab testing (can be done from home)
- Prescription mailing or pick-up services
- Insurance and Prescription Assistance programs
- Ongoing support for PrEP/treatment adherence

Call **202-741-7692** for TelePrep or to schedule appointment. The DC Health and Wellness Center is located at:

**77 P Street NE,  
Washington, DC 20002**  
[sexualbeing.org/dc-health-and-wellness-center/](http://sexualbeing.org/dc-health-and-wellness-center/)

A graphic for PrEP (Pre-Exposure Prophylaxis). It features the word "PrEP" in large, white, bold letters inside a blue rounded rectangle. Below this, on a dark blue background, is the text "90% EFFECTIVE AT PREVENTING HIV WHEN IT'S TAKEN CORRECTLY!" in white, all-caps font. At the bottom of the graphic, the text "DCBEINGS" is written in a smaller, white, all-caps font.

**PrEP**

**90% EFFECTIVE AT PREVENTING HIV WHEN IT'S TAKEN CORRECTLY!**

DCBEINGS