

**GET A  
COFFEE.**



**GET A  
HAIRCUT.**



**GET  
TESTED.**



**SEXFLUENT**

**If you're sexually active, getting tested regularly is essential. It's the only way to know if you have HIV or another sexually transmitted infection (STI).**

Many STIs don't show symptoms, which means you can have an STI and not know it. Some STIs can take weeks or months to show symptoms, while others may only take a few days.

Ask to be tested for all STIs. Test for one, test for all! Different STIs require different tests.

Chlamydia and gonorrhoea usually require a urine test and also swabbing of throat and rectum if you're having oral or anal sex.

HIV and syphilis can be detected through different blood tests, and there is a self-test for HIV.

Herpes can only be tested by swabbing a sore. Be prepared. Know where you can access testing in your community and get tested for HIV and other STIs BEFORE you go have fun!

Remember, testing can be as easy as any other errand on the go!



 **CATIE** x **SEXFLUENT**

To find testing services near you, visit [wheretocatie.ca](http://wheretocatie.ca)

Visit [Sexfluent.ca](http://Sexfluent.ca) and follow [@sexfluent.ca](https://www.instagram.com/sexfluent.ca) on Instagram and TikTok.

