



GUIDE TO SEXUAL HEALTH AND HIV PREVENTION FOR BLACK WOMEN

REGULAR CHECK-UPS:

Schedule routine visits with healthcare providers who prioritize comprehensive sexual health screenings and discussions.

HIV TESTING

Get tested for HIV regularly, especially if sexually active. Many clinics offer free or low-cost testing services.

CONDOM USE

Consistently use condoms during sexual activity to reduce the chances of HIV transmission and other sexually transmitted infections (STIs).

EDUCATION

Stay informed about HIV prevention strategies, transmission routes and treatment options through reliable sources such as healthcare providers, reputable websites and community organizations.

SEXUAL PARTNERS

Discuss HIV status, testing history and safer sex practices openly and honestly with sexual partners.

MENTAL HEALTH

Prioritize mental health and seek support if experiencing stress, anxiety, or depression as these factors can impact sexual health decisions and behaviors.

COMMUNITY SUPPORT

Engage with supportive communities and organizations that prioritize the sexual health and well-being of Black women. These spaces can offer resources, information and support networks.



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