### Potential Risks from Sexual Behavior

- HIV
- Other STIs
- Pregnancy
- Physical Injury
- Emotional risks

### Harm Reduction Strategies

- Non-penetrating sexual activities
- Carrying and using condoms
- Using reality condoms
- Using condoms with non-primary partners
- Reducing number of partners
- Charge less for sex with a condom (sex workers)
- Being the insertive partner rather than the receptive partner (being a “top” instead of a “bottom”)
- Using lubricant
- Pulling out before ejaculation
- Using less drugs/alcohol before/during sex
- Substituting higher risk activities with lower-risk activities
- Negotiated safety – frank conversations before engaging in sexual activities
- PrEP/ PEP
- Sero-sorting/ sero-adaptation (having sex with someone who is already HIV+ if you are positive)*
- STI / HIV testing and treatment – know your status
- Vaccinations (especially Hep A and Hep B)
- Taking breaks to allow sexual organs to heal between sexual activities
- Self-care activities
- IUD
- Abstinence
- Refrain from brushing or flossing teeth after oral sex

* Limited benefits-no protection against other STIs. Infection with one strain of HIV does not protect a person from infection from another strain of HIV.
Drugs, Alcohol & Harm Reduction Strategies

<table>
<thead>
<tr>
<th>Potential Risks of Drug &amp; Alcohol Use</th>
<th>Harm Reduction Strategies</th>
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<tbody>
<tr>
<td>HIV and other STIs</td>
<td>Use clean syringes</td>
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<tr>
<td>HCV and other infections</td>
<td>Use new syringes (sharp tip reduces abscesses)</td>
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<tr>
<td>Overdose (fatal and non-fatal)</td>
<td>Cleanest water you can find—bring a water bottle, use top of the toilet bowl rather than, the bottom</td>
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<tr>
<td>Illness and poor health</td>
<td>Use your own equipment (including cottons and cookers)</td>
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<tr>
<td>Accidents</td>
<td>Clean injection site with alcohol wipe or soap /water</td>
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<td>Impaired decision making while high</td>
<td>Rotate injection sites (cuts down on scarring)</td>
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<tr>
<td>Sexual risks while high (HIV, STIs)</td>
<td>Use vitamin C powder and water to dissolve drug for injection— not lemon juice or vinegar</td>
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<tr>
<td>Abscesses/ infection (blood poisoning, tetanus, cotton fever, infections from lemon juice/vinegar used to dissolve shot, using unclean water, needle with blunt tip)</td>
<td>Know your HIV/HCV status – get tested</td>
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<tr>
<td>Addiction</td>
<td>Strategic positioning-If you share and know you are HIV/HCV negative, use first</td>
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</tbody>
</table>

- Clean up after yourself – make sure not to infect others
- If sharing, do a dry divide – split the drugs on a clean surface before adding water
- If a dry divide is not possible, use a sterile syringe to draw up the water and divide the shot
- Lower risk of OD:
  - Know your dealer
  - Don’t use alone
  - Do a tester shot/ snort some first
  - Avoid mixing drugs/ alcohol
  - Get Narcan/ Naloxone
  - Leave doors unlocked
- Have an Overdose Prevention Plan – discuss with friends and family
- Use in safe places
- Chapstick
- Self-care, take care of wounds