

# YOUR HEALTH

**You're worthy of care.** The services below are especially important for people who use drugs, and most community clinics can provide them.



## INFECTIONS

### Vaccines

Vaccines prevent serious diseases and many cancers. **Recommended:** hepatitis A and B, tetanus, mpox, meningitis, pneumococcal pneumonia, HPV, COVID, and influenza.

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### Screening

Get tested at least once a year for HIV, hepatitis C, syphilis, gonorrhea, chlamydia, and tuberculosis.

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### HIV/STI prevention

Ask your provider about PrEP for HIV and doxyPEP for STI prevention.



## SUPPLIES TO KEEP YOU SAFE

Many clinics can help you get safer use supplies and naloxone.



## HEART HEALTH

Get screened for **blood pressure and cholesterol** to help your heart stay healthy. Reduce or quit tobacco or vaping; most clinics have resources for quitting.



## MENTAL HEALTH

Primary care providers can prescribe **medications to help** with anxiety, depression, withdrawal, and drug cravings. Many also provide talk therapy.



## FOOD, DENTAL CARE & OTHER SERVICES

Most clinics can see if you're eligible for other support like **free meals, getting ID cards, dental care, or housing navigation**. Ask if a social worker can help you with these.



For more information, go to [ciaosf.org](https://ciaosf.org)