



Resources

Allies For Health + Wellbeing

5913 Penn Avenue, Pittsburgh, PA 15206

Main: 412.345.7456

Clinic: 412.248.0550

Central Outreach Wellness Center

Timber Court Building

127 Anderson St., Ste. 10, Pittsburgh, PA 15212

412.515.0000

Persad Center

5301 Butler St #100, Pittsburgh, PA 15201

412.441.9786

Planned Parenthood of Western PA

933 Liberty Avenue, Pittsburgh, PA 15222

412.434.8971

Prevention Point

460 Melwood Ave #205, Pittsburgh, PA 15213

412-247-3404

SisTers PGH

2014 Monongahela Ave, Pittsburgh, PA 15218

412-259-3091

Trans Buddy PGH

412.944.4261

transbuddypgh@gmail.com



Public Health Clinic

1908 Wylie Avenue (Hill District)

Pittsburgh, PA 15219

412-578-8081

alleghenycounty.us/phclinic



CLINIC HOURS

MONDAY, TUESDAY, THURSDAY, FRIDAY

9:00 A.M. - 3:45 P.M.

WEDNESDAY

12:00 P.M. - 6:45 P.M.



Transgender Health and Safer Sex



SAFER SEX TIPS

KNOW YOUR RISK

Your risk of getting a sexually transmitted infection (STI) is determined by the types of sex you have. For example, anal sex without a condom can put you at higher risk of getting an STI because the anus does not self-lubricate. You can also get many of the same STIs through oral sex (like chlamydia, gonorrhea, syphilis, and herpes) that you can get through anal or vaginal sex.

USE CONDOMS AND LUBRICANT

By reducing friction during sex, lubricant can help reduce the risk of small, invisible tears happening in the rectum or vagina. Lubricant is especially important for anal sex, or if you or your partner experiences vaginal dryness. There are many types of lubricant, but remember that only water-based lubricant can be used with latex condoms.

ASK ABOUT PrEP

- Pre-Exposure Prophylaxis (PrEP) is a medication that helps reduce your risk for HIV infection.
- PrEP comes in the form of...
 - Daily oral pills (Truvada or Descovy)
 - Bi-monthly or every 2 months injections (Apretude)
 - Twice yearly or every 6 months injections (Yeztugo)
- When used as directed, PrEP can reduce the risk of getting HIV through sex by more than 90%. For those that inject drugs, PrEP can reduce the risk of HIV infection by more than 70%.

MEDICAL CARE

Many transgender people have difficulty accessing healthcare for a number of reasons. Here are some tips that can help:

1. Find a provider that respects your identity and offers the treatment that you need. Listed on the back of this pamphlet are several medical resources that specialize in transgender healthcare.
2. Be honest with your provider about the type of sex you are having and how many partners you are having sex with. This will help your provider determine your risk for STIs and help you find the best way to prevent them.
3. Know that the type of screening tests you need will depend on the anatomy you have.
4. Bring a buddy. If it makes you feel safer or more comfortable, bring a trusted friend to your appointment. You can also request a trained advocate from **Trans Buddy PGH** (contact information listed on back) to attend your appointment with you at no cost.

HIV AND HEPATITIS C

- Transgender people may use needles for a variety of reasons, including silicone or hormone injection. If you share needles with others, it is possible to get HIV or hepatitis C.
- HIV is a virus that attacks your immune system, cannot be cured, and will lead to severe illness and death if left untreated.
- Hepatitis C is a virus that attacks the liver, causing liver damage.
- You should always use a new or unused needle when possible.
- When you are done with the needle, you can put it in a hard plastic container with a lid, such as a laundry detergent bottle. Once it is full, tape the lid on tightly. You can throw it in the regular garbage.
- You can also get a needle container from some needle exchange programs, like **Prevention Point** (contact information is listed on "Resources" section).