Welcome to the 2013 Fair Season!
Here are a few helpful hints...

Health Tips
• Get plenty of sleep
• Wear sunscreen
• Take time to relax
• If you’re not feeling well, take a break or stay home

Party Tips
• Stay hydrated
• Plan transportation home
• Know your surroundings
• Party with people you know
• Know your limits
• Know when to stop
• Keep an eye on your beverage

Sex Tips
• Know your HIV status
• Be prepared: have condoms and lube
• Talk with partners about status
• Make HIV/STD screening part of taking care of yourself

Meningococcal meningitis
There are no recent cases among gay men in San Francisco. However, if you are concerned, see your doctor about vaccinating. The vaccination takes 7 to 10 days to become effective.

sfcityclinic.org
sfhiv.org