

# The Medicine Bundle

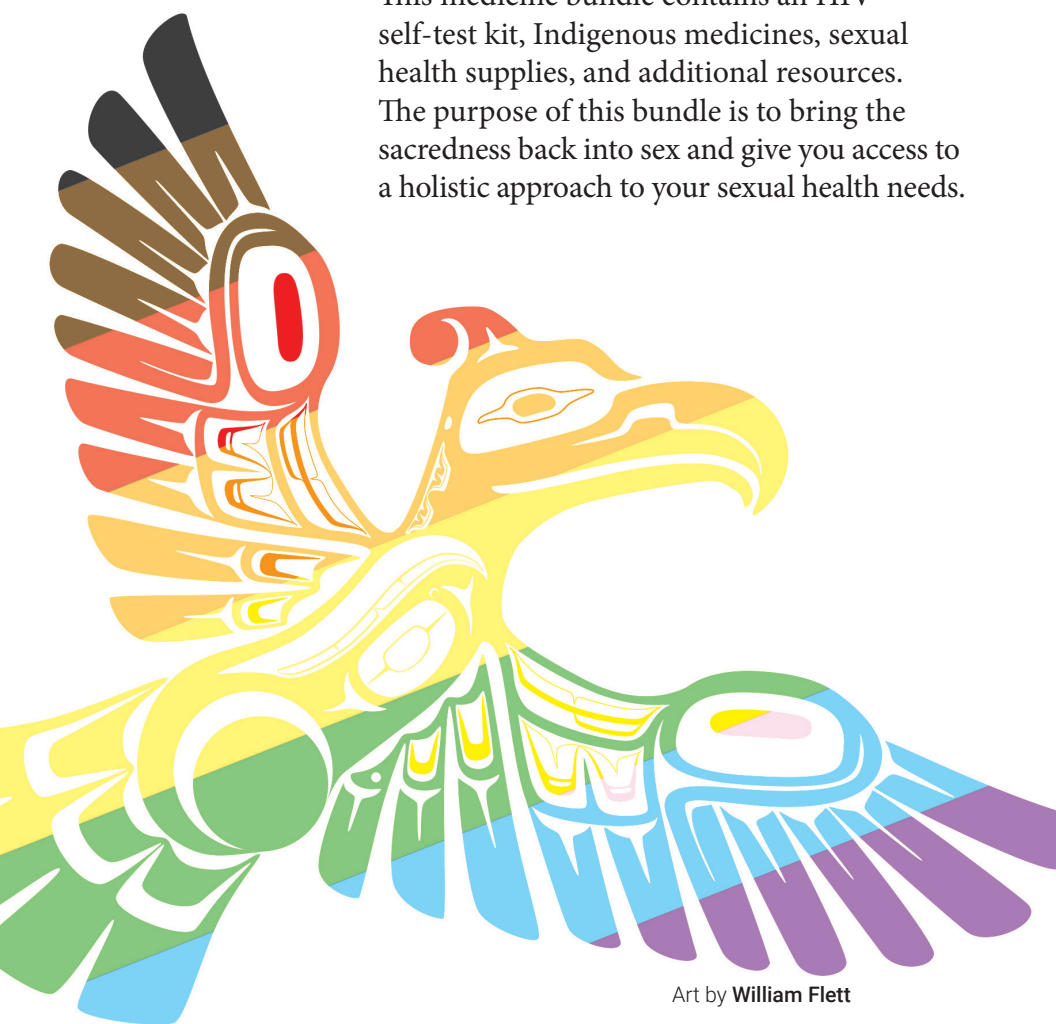


*Let's bring the sacredness  
back into sex.*

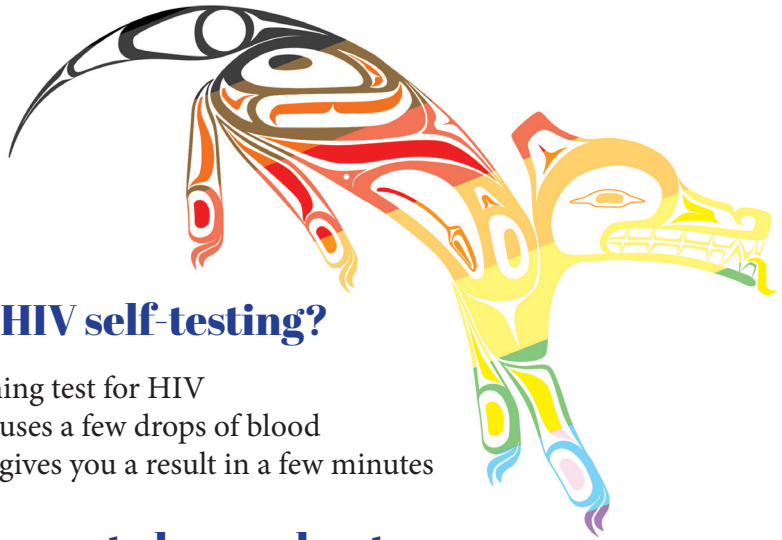
# What is our Sexual Health Medicine Bundle?

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This medicine bundle contains an HIV self-test kit, Indigenous medicines, sexual health supplies, and additional resources. The purpose of this bundle is to bring the sacredness back into sex and give you access to a holistic approach to your sexual health needs.



Art by **William Flett**



## **What is HIV self-testing?**

- A screening test for HIV
- The test uses a few drops of blood
- The test gives you a result in a few minutes

## **The only way to know about your sexual health is to get tested.**

When you know your HIV status, you can start treatment as early as possible, or when you're ready. This can help you remain healthy and avoid passing HIV to others. Wherever you may be, there are options to access treatment and prevention medications.

### **If you test positive:**

There have been significant advances in HIV treatment. With the right medications and care, you can stay healthy and not pass HIV to the people you have sex with.

### **If you test negative:**

A number of sexual health supplies can help you remain HIV negative. In addition to condoms and lubricant, there is also PrEP – a daily pill that works to prevent infection. Routine HIV testing also helps.

For further information and support from a 2S/Indigenous community member please email: [medicinebundle@cbrc.net](mailto:medicinebundle@cbrc.net)

Toll Free call/text: 1-888-890-0679

For more information please visit: [cbrc.net/medicinebundle](http://cbrc.net/medicinebundle).



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