

RoyalTea Receipts



SCAN TO
ACCESS

THE TEA ON HIV & STIs

Black women are diagnosed at higher rates than White women:

GONORRHEA

8.4x

CHLAMYDIA

5.1x

HIV
3.1x

SYPHILIS
7x

More than half of adults say they personally know someone, including themselves, who has had an STI such as gonorrhea, chlamydia, genital herpes, syphilis or human papillomavirus (HPV).

Getting tested is the only way to know!

About 1 in 7 people in the U.S. who have HIV don't know they have it. The CDC (Center for Disease Control) estimates that, at some point in their lifetimes, one in 48 Black women will be diagnosed with HIV.

TEA FOR VISITS WITH YOUR DOCTOR

At your next appointment, you can request a full panel of tests and specifically ask for the following:

PAP TEST

(Testing for: HPV & cervical cancer)

URINE SAMPLE

(Testing for: chlamydia & gonorrhea)

BLOOD TEST

(Testing for: herpes, hepatitis, HIV & syphilis)

KNOW BEFORE YOU GO

If your physician declines to conduct tests for your sexual health and well-being, ask them to document "refusal to treat" in your medical records.

FINDING CARE

In seeking a doctor who prioritizes your sexual health, consider reaching out to local organizations for recommendations, exploring online directories of healthcare providers specializing in sexual health or asking friends or community members who prioritize sexual healthcare in their own medical experiences. Additionally, researching medical practices that advocate for inclusive and non-judgmental care regarding sexual health can be beneficial.

No matter your age, sexual orientation or relationship status, **get tested for HIV and STIs** and continue to prioritize your sexual health.

Setting Royaltea goals

Wellness Practice – “Setting Goals”
Focus on goal setting concerning your sexual health. Goal setting is a fundamental tool in establishing new behaviors, guiding your focus and helping you sustain that momentum. Use the following statements as a guide as you set goals:

- I will schedule two STD/STI tests this year
- I will schedule my first PAP smear
- I will ask my provider at least two questions at my next visit about my sexual health
- I will get connected to a women's health group
- I will communicate with my partner about safer sex practices (condoms, testing, etc.)
- I will have a discussion with someone I trust concerning sexual health

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