

Safer Sex for People Who Are Not Taking HIV Treatment or PrEP

[HIV treatment](#) and [pre-exposure prophylaxis \(PrEP\)](#) are safe to use and effective at preventing the transmission of HIV. But if you are not ready to take medicines every day to treat or prevent HIV, here are some safer sex options to help you stay healthy.

Explore sex with mouths, hands or toys.

- Oral sex, masturbation, kissing and stimulating the anus or genitals with fingers or sex toys can provide sexual pleasure without the risk of HIV transmission.

Use condoms as often as possible.

- When [used correctly](#), condoms help prevent HIV, other sexually transmitted infections and unintended pregnancy. Add silicone or water-based lubricant to prevent condoms from breaking.
- During the COVID-19 public health emergency, you can get **free** safer sex products in the mail by ordering through the online [Door 2 Door program](#). You can also find a location offering free safer sex products near you by using the [NYC Health Map](#) or calling **311**.

Use post-exposure prophylaxis (PEP) in an emergency.

- If you are HIV negative and think you may have been exposed to HIV, take [emergency PEP](#) right away.
- You can get started on PEP without a visit to an emergency room or clinic by calling the NYC PEP hotline at **844-3-PEPNYC** (844-373-7692), available 24/7.

Get tested regularly for sexually transmitted infections (including HIV).

- [Sexually transmitted infections](#) (STIs) do not always show symptoms, especially in the anus or throat. Getting an STI can make it easier to get or transmit HIV.
- Testing every three to six months and getting treated right away keeps you healthy and helps prevent transmitting HIV or other STIs to your partners.
- If you do not have a health care provider, you can call the NYC Sexual Health Clinic Hotline at **347-396-7959** or visit an NYC Sexual Health Clinic. Visit the [Sexual Health Clinic](#) webpage for the most current schedule.