



655 West 12th Ave
Vancouver | BC
V5Z 4R4
stbbipathways.ca

December 2021

Dear Community Members,

The accompanying printer proof is for a deck of playing cards created by the You Matter: Pathways to STBBI (Sexually Transmitted and Blood-Borne Infections) Care Team at BC Centre for Disease Control. The cards contain basic STBBI, health, and fun facts.

The printer proof contains the graphics for the box, the back of the cards, and the front of the cards.

To use these cards and/or facts for developing and distributing materials, please use as is (with stbbipathways.ca on the back of each card) or credit "stbbipathways.ca." For further inquiries, please contact us at stbbi_pathways@bccdc.ca.

Best regards,
The You Matter: Pathways to STBBI Care team



2021 You Matter – Pathways to Care for STBBIs
(Attribution mandatory for originals and adaptations)

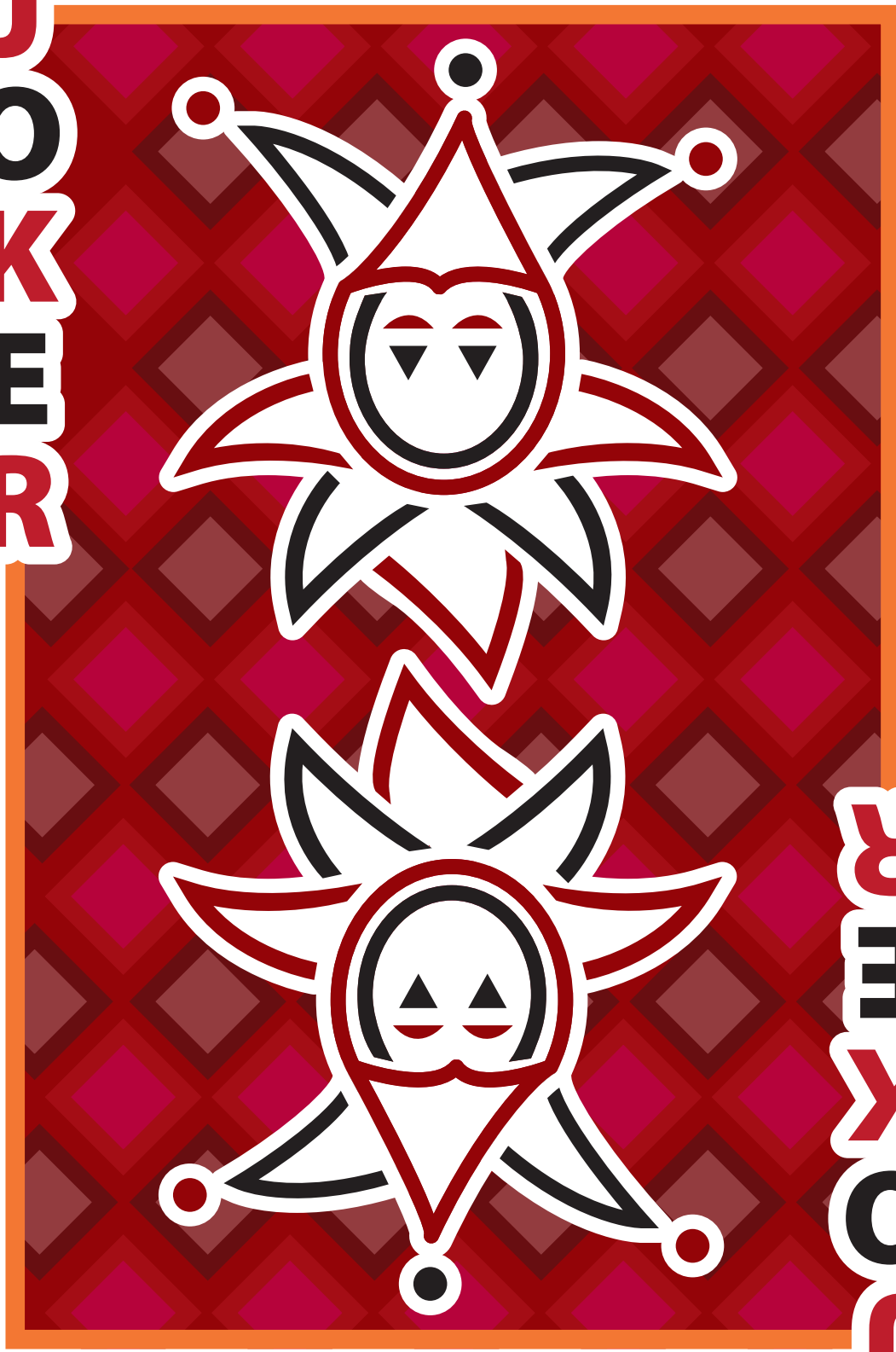




**you
matter**

www.stbbipathways.ca

**J
O
K
E
R**



**R
E
K
O
J**

**J
O
K
E
R**



**R
E
K
O
J**



**STBBIs = Sexually
Transmitted and
Blood Borne
Infections**





**HIV Stigma:
Negative attitude
or beliefs towards
people with HIV**



3



Unprotected sex
has a high
possibility of HIV
transmission

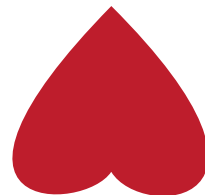


3

4
♥



HIV is only found
in blood, sexual
fluids and
breast milk



♥
4

5



Hep C Test = Only
way to know your
Hep C status



5



Only humans
and tree shrews
like spicy food

7



Hep C is passed
by blood-to-blood
contact



7





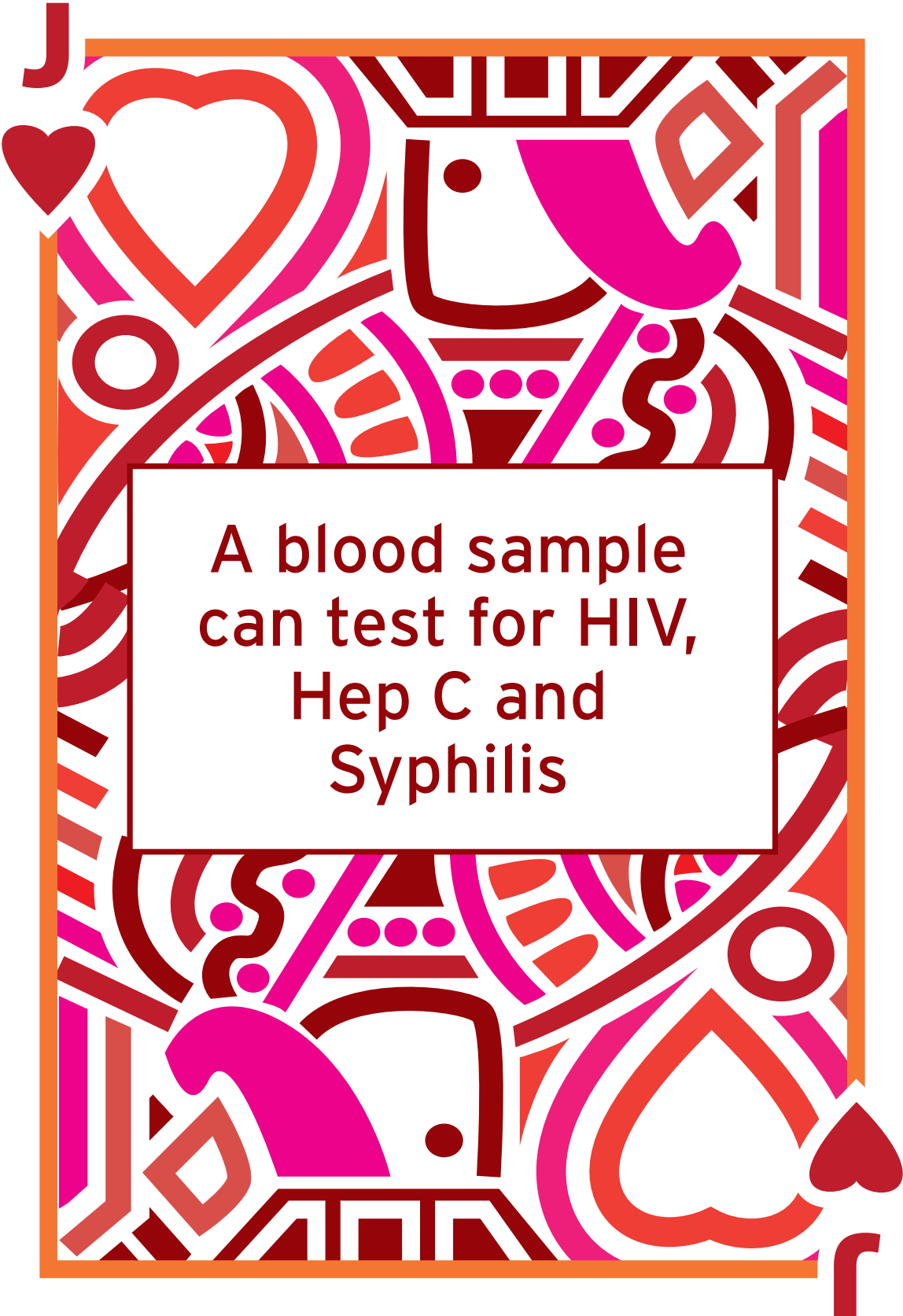
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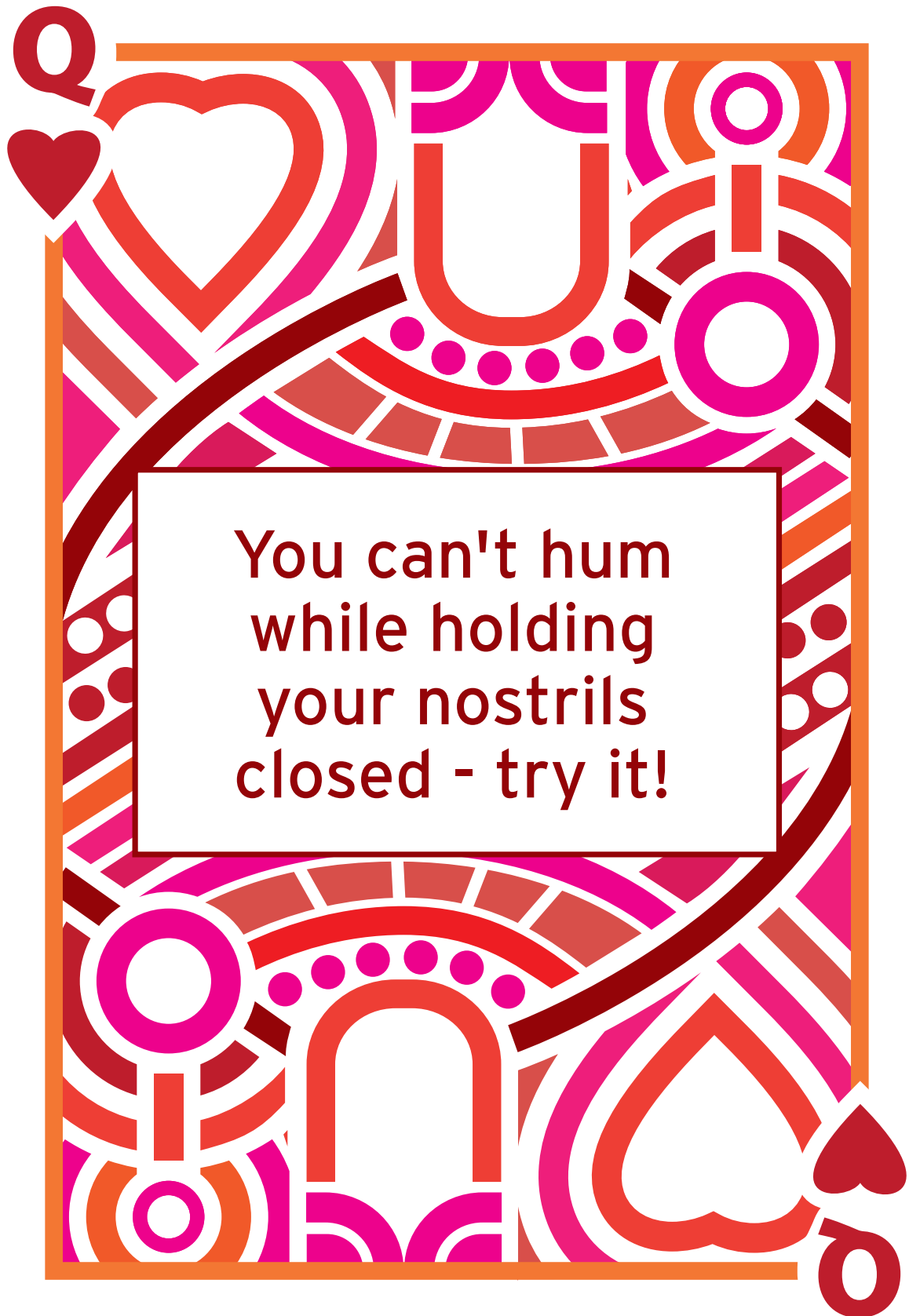
It's impossible
to tickle
yourself. Try it!



10



A blood sample
can test for HIV,
Hep C and
Syphilis



You can't hum
while holding
your nostrils
closed - try it!



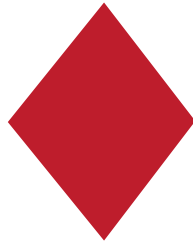
Don't let stigma
stop you from
asking for a
STBBI test



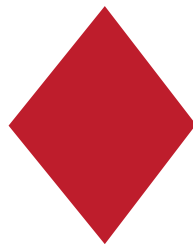
Don't ask "How'd
you get infected?" -
Ask "How are you?"



2

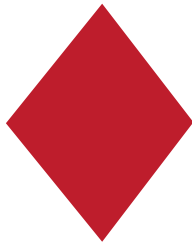
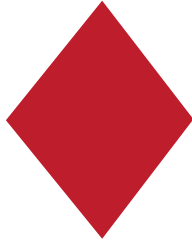


Hep C virus can be
passed - even if
there are
no symptoms

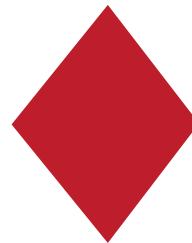


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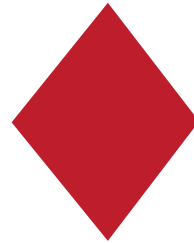
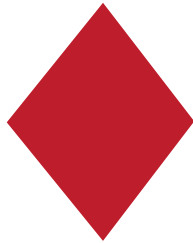


**EVERYBODY
matters - this
means people with
HIV too!**

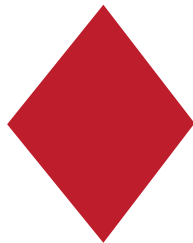


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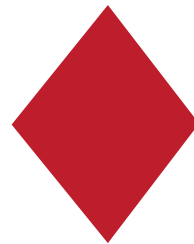
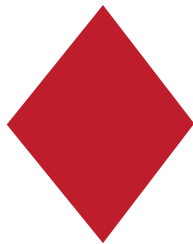
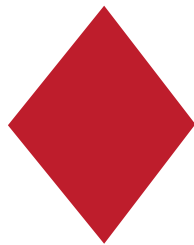
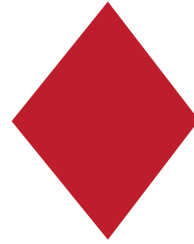
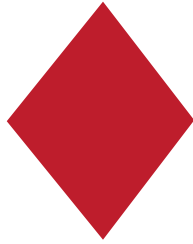


You can't get HIV
through kissing
or hugging!



17

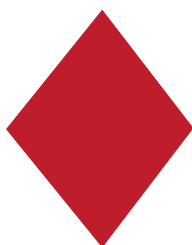
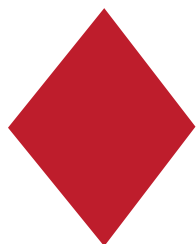
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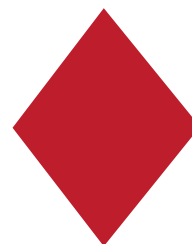
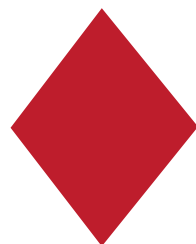
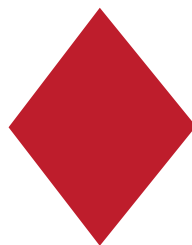
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HIV is easily
passed through
unprotected sex

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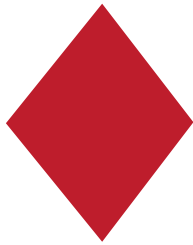
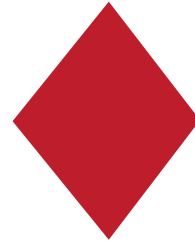
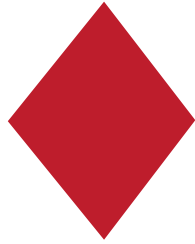
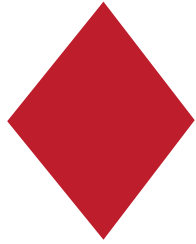


Learn and talk
openly about HIV
to reduce stigma

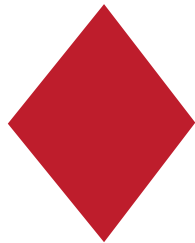
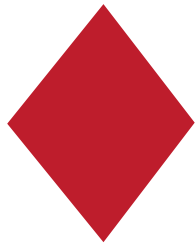


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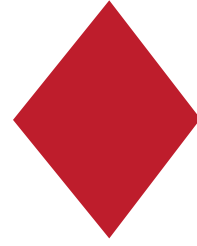
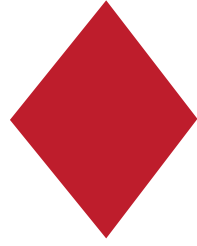
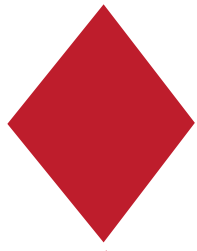


**EVERYBODY
matters - this
means you too!**

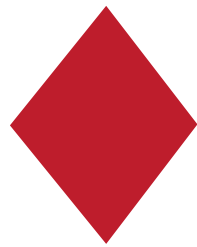
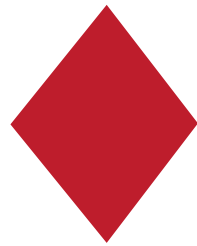
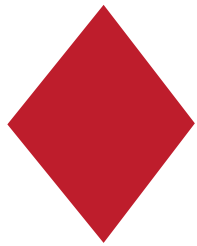


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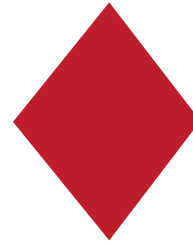
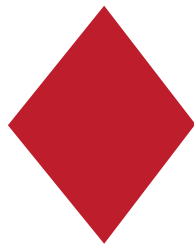
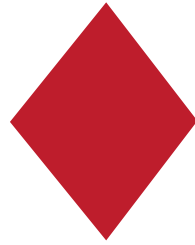
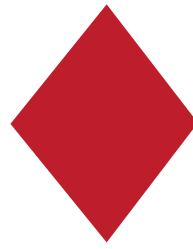
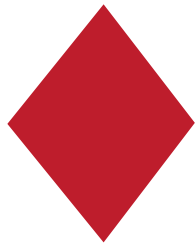


1 to 3 pills/day
for 8-12 weeks
cures Hep C

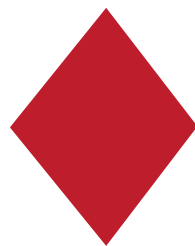
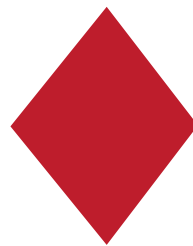
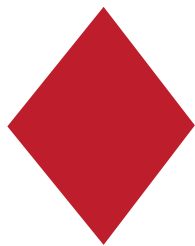


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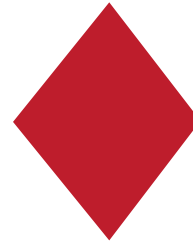
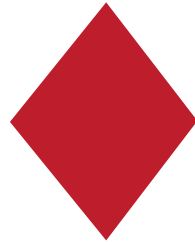
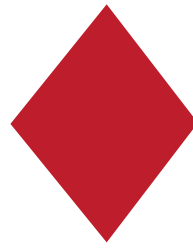
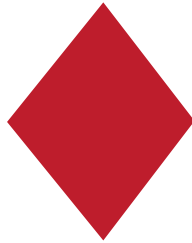
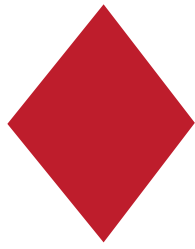


You can use banana
peels to shine
leather shoes

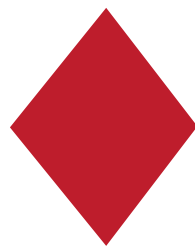
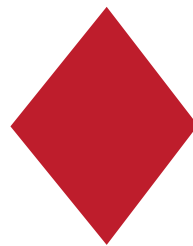
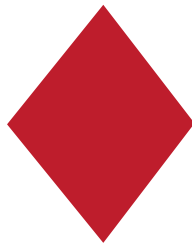
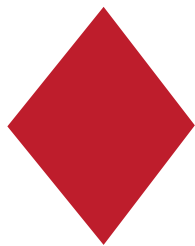


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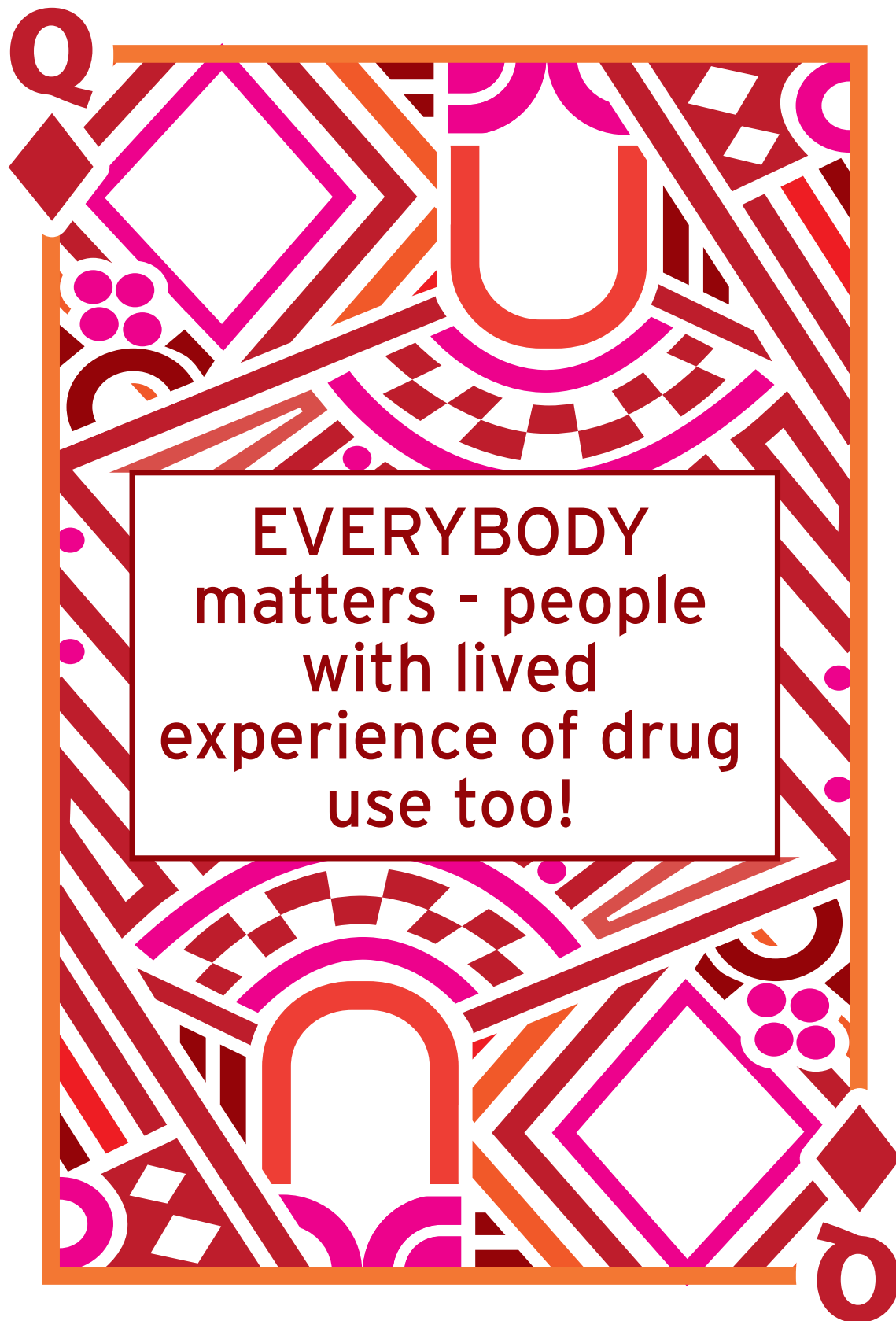


Most STIs can
easily be treated



10



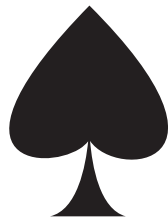


**EVERYBODY
matters - people
with lived
experience of drug
use too!**



The cut-off head
of a sea slug can
grow a whole
new body!

A



Healthy diet =
Fruits, vegetables,
whole grains &
protein



A

2

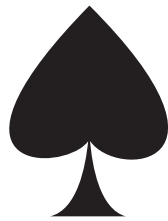
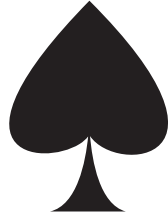


Sharing
tattoo/drug use
equipment = high
risk of HIV/HepC



2

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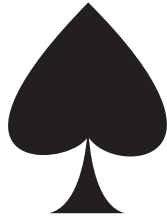


Meds can suppress
HIV viral load so it
can't get passed to
sexual partners



3

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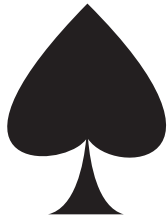
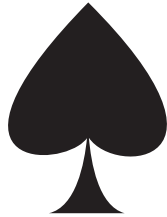


Wash hands
with soap for
20+ seconds to
kill germs



4

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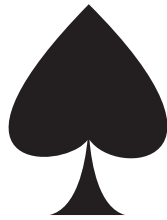
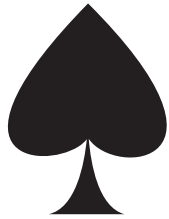


Most people with
Hep C don't know
they have it



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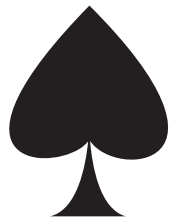
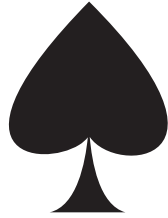
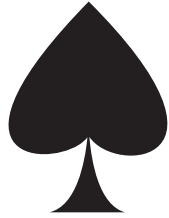


Correct use of
condoms
reduces the risk
of STIs



9

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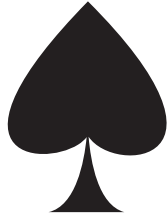
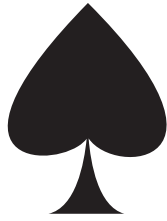


In one day, your
heart beats about
100,000 times!



7

8

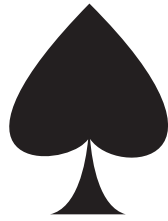
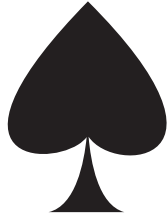
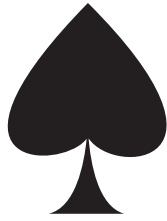


Hep C can cause
liver damage if
untreated



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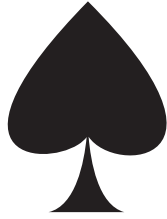
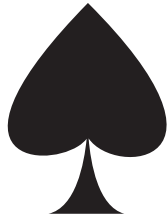


People reinfected
with HCV
CAN get
re-treated!



6

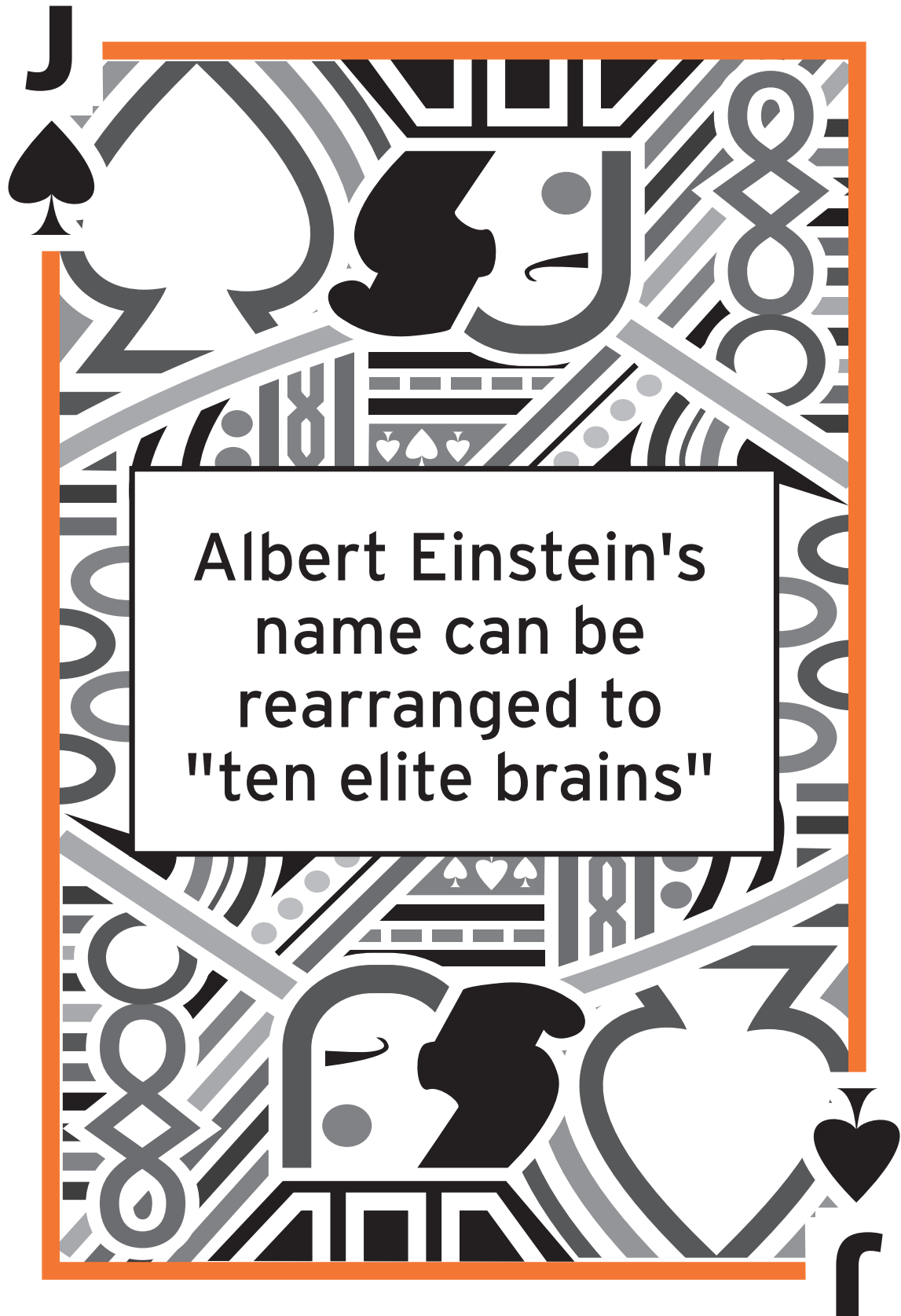
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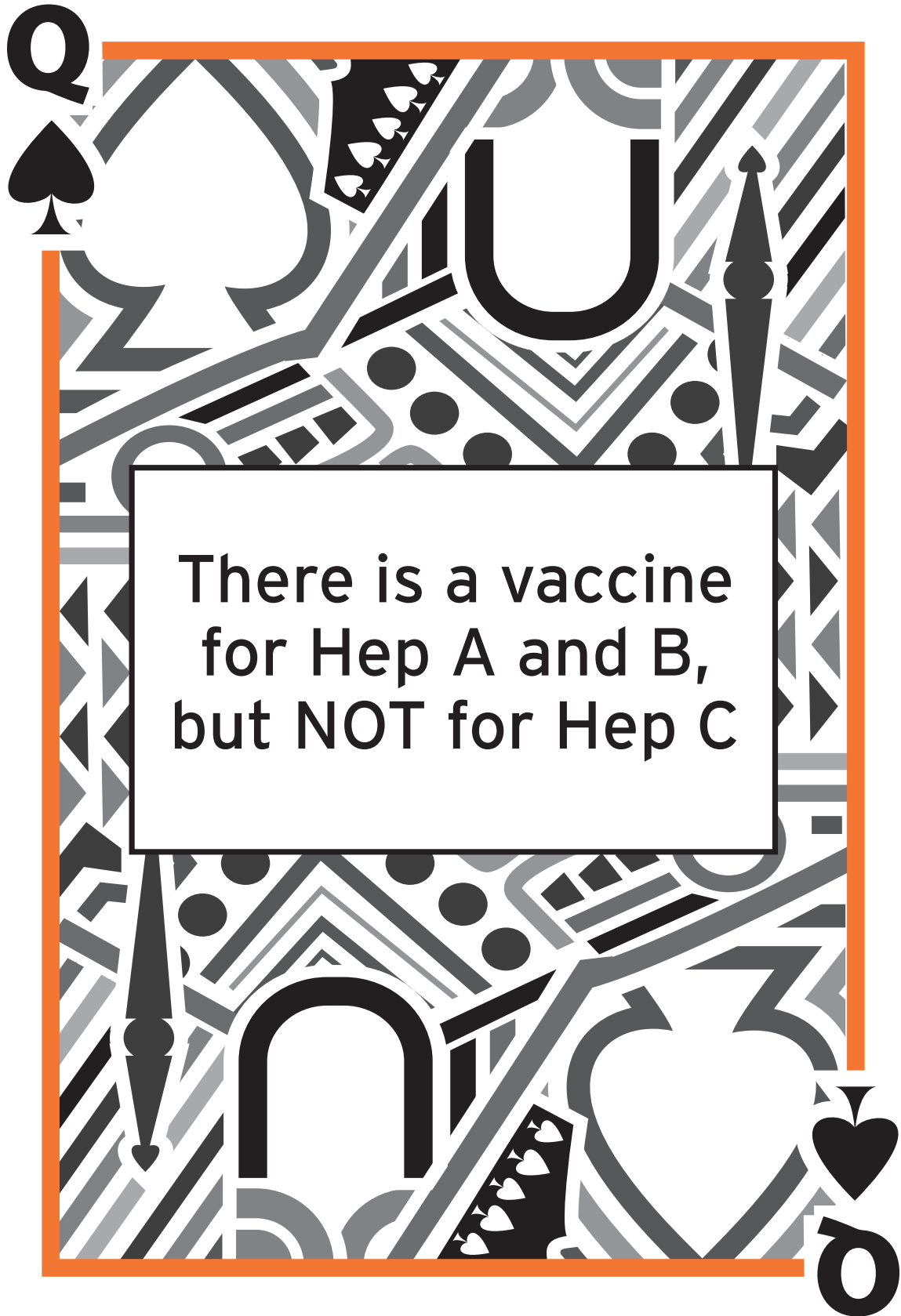
Reading can lower
stress hormones



10



Albert Einstein's
name can be
rearranged to
"ten elite brains"



There is a vaccine
for Hep A and B,
but NOT for Hep C





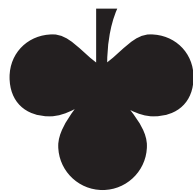
Stigma can
prevent people
with HIV or Hep C
from getting help



2
♣



A simple urine
sample can test
for Chlamydia &
Gonorrhea

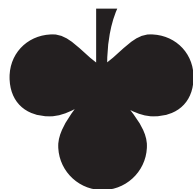


♣
2

3
♣



In 2020, only 23%
of people in BC
Corrections were
tested for Hep C

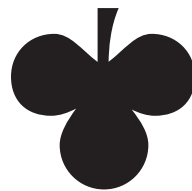
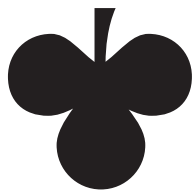


♣
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Learning a new
language gives
your brain a boost!

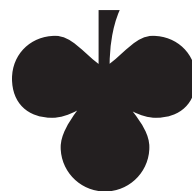
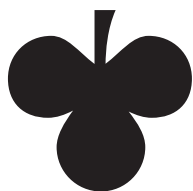


4

5
♣



Syphilis can cause
brain damage if
left untreated

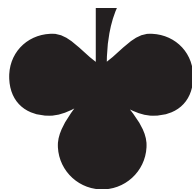
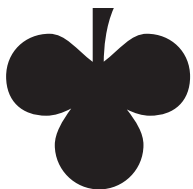
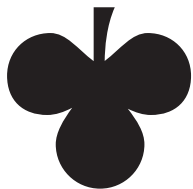


♣
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Learning a new
skill can improve
your brain health

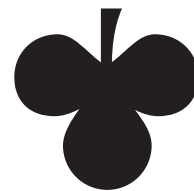
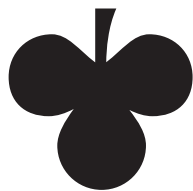
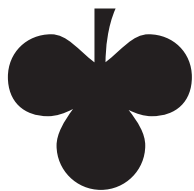


9

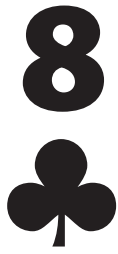
7
♣



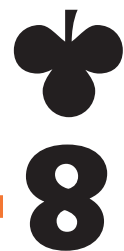
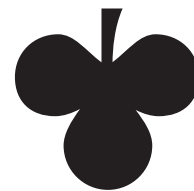
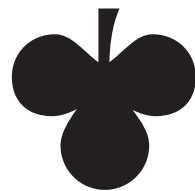
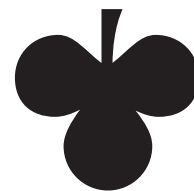
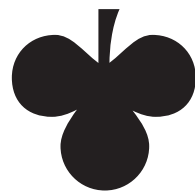
You lose nearly
4 kg of skin cells
every year!



♣
7



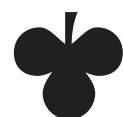
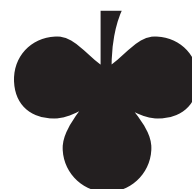
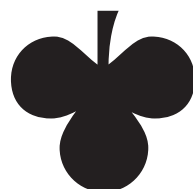
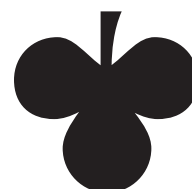
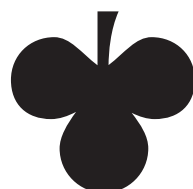
Gonorrhea is
sometimes called
"The Clap!"



9



Get tested to know
if you have an STI
*STI = sexually
transmitted infection*

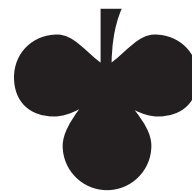
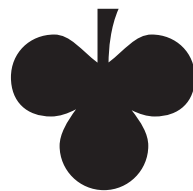
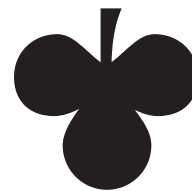
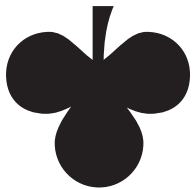
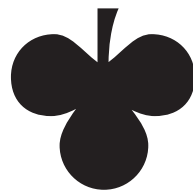


6

10

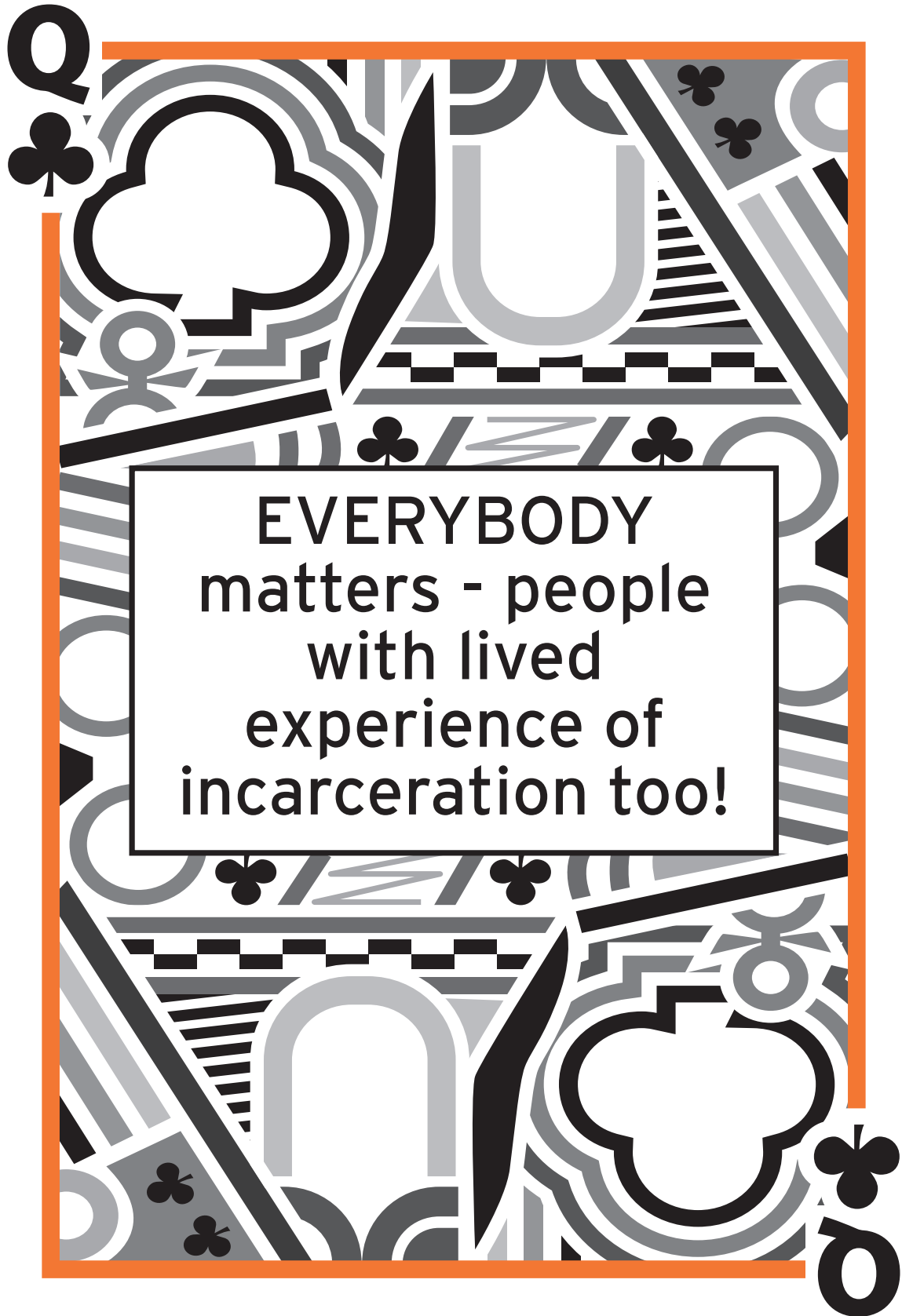


Many STIs can
have no symptoms



10





EVERYBODY
matters - people
with lived
experience of
incarceration too!



Most people
cured of Hep C
report having
more energy and
better mood