District Health Department #10

Taking Care of Your Health Does Not Have to be Spooky

October 23, 2026 – This Halloween, District Health Department #10 (DHD#10) is reminding residents that the scariest part of taking charge of their sexual health is the unknown. DHD#10 has the answers, and none of them are frightening.

It starts with a confidential and judgment-free appointment. DHD#10 offers visits and annual physical exams that can be requested online. Telehealth appointments are also available for anyone who finds leaving the house a little too spooky. Free condoms can be picked up at DHD#10 locations or delivered right to your door.

“There’s nothing wicked about wanting extra layers of protection, which is why we also provide PrEP (pre-exposure prophylaxis) services,” said DHD#10 Clinical Supervisor Bethanie Dean. “PrEP is a medication, taken orally or by injection, that helps prevent HIV in people who do not have the virus but are at increased risk of contracting it. HIV can be transmitted through specific activities, such as sex or injection drug use. HIV and STI testing are also available in DHD#10 clinics.”

Family planning does not have to feel like a monster of a decision, either. DHD#10 offers a wide range of contraception methods to suit different lifestyles and preferences, and staff are there to support you in finding the best fit for you and your life. Pregnancy testing, counseling, and referrals are available as well.

Taking care of your health isn't scary with all that DHD#10 has to offer. To request a confidential appointment, call 888-217-3904 or visit https://www.dhd10.org/sexualhealth for additional services.

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