ALL YOU NEED TO KNOW ABOUT

# SEXUALLY TRANSMITTED INFECTIONS

**STIs are preventable. All are treatable and some are curable!**

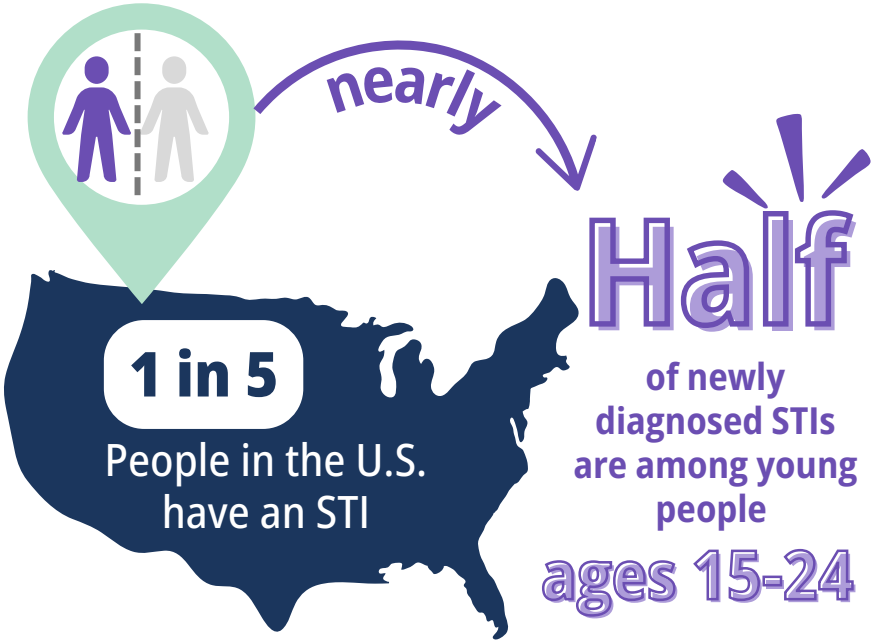
**Get tested today!**

## What Are STIs?

Sexually transmitted infections (STIs) are infections that spread from one person to another during vaginal, anal, and oral sex.

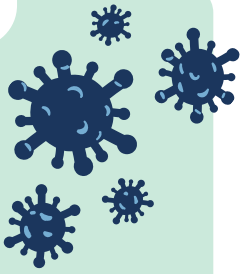
STIs are very common. Every year in the US, millions of people have one.

STIs are preventable and treatable.




## What are some common types of STIs?

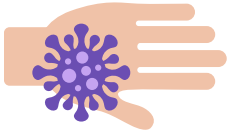
- Chlamydia
- Gonorrhea
- Syphilis
- Human Immunodeficiency Virus (HIV)
- Trichomoniasis (Trich)
- Human papillomavirus (HPV)



Some types of hepatitis, herpes simplex virus (HSV), scabies, mpox and lice are also STIs.

## How do STIs spread?

Most STIs are spread through body fluids like semen, vaginal fluid, and blood during oral, vaginal, or anal sex.



Some STIs like herpes, mpox, and HPV, are spread by skin-to-skin contact.

## Can STIs be treated?

- Bacterial STIs like chlamydia, syphilis, and gonorrhea can be treated and cured with antibiotics.
- HIV can be treated with medication and, when effectively treated, cannot be passed to another person through sex.
- Herpes can be treated with medication to shorten the number of days with rash.

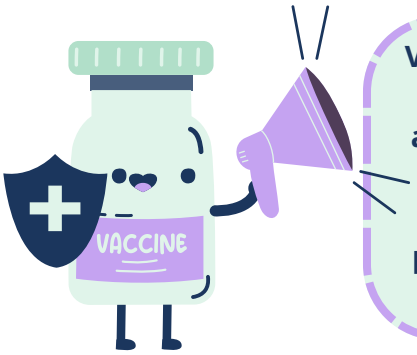
WHAT YOU NEED TO KNOW ABOUT

# Preventing STIs

The only way to 100% protect yourself against STIs is to not have sex (abstinence). That means not having any vaginal, anal, or oral sex.

## If you decide to have sex, there are ways to protect yourself!

It is important for you and your partner(s) to get tested for STIs before having sex, get treated (if needed), and share your results with each other.




Vaccines can also protect you. There are vaccines available for HPV, mpox, and some types of hepatitis. Ask your provider which are right for you!

Using internal condoms, external condoms, or oral dams every time you have sex is important to reduce your chances of an STI.

**REMEMBER**

Avoid sex when you or your partner(s) can't make an informed decision because of the effects of alcohol or other substances.

It's always okay to say no to sex.

## If I get an STI how will I know?

Some STIs may cause a rash, soreness, or discharge. Sometimes you may not notice any symptoms at all.

**The only way to know if you have an STI is to get tested!**

You can get an STI from having sex with someone who has no symptoms. Just like you, that person might not even know they have an STI.

## Where can I get tested?

Local health departments offer free and confidential STI testing.

Scan or click to locate a health department near you!

TALK. TEST. TREAT.