HOW TO BE SAFE
reduce the risk of STDs, including HIV

**abstinence**
The only method that is 100% effective in preventing STDs, including HIV.

**condoms**
99% effective against HIV and other STDs when used consistently and correctly every time.

**testing**
Make sure you and your partners are routinely tested and treated for any possible infections.

*did you know?*
One in two sexually active persons will contract an STD by age 25.

You can learn more about STDs by visiting www.LaHHub.org

**CONDOMS CAN ALSO REDUCE THE RISK OF PREGNANCY**

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**PROTECT YOURSELF**

You have the right to decide if and when you want to have sex and to take steps to protect yourself.

**GET THE FACTS**

KNOW YOUR RISK
Chlamydia is a bacterial STD. Chlamydia can be transmitted by having anal, oral, or vaginal sex with an infected person.

SIGNS/SYMPTOMS
- Pain during intercourse (females)
- Abdominal and lower back pain
- Burning sensation during urination (males/females)
- Abnormal discharge from vagina or penis
- People who are infected may have NO SYMPTOMS

TESTING
Urine or a specimen from the penis or cervix may be collected

TREATMENT
Chlamydia can be treated and cured with antibiotics.

Gonorrhea is a bacterial STD that can infect the genital tract, mouth or anus. Gonorrhea can be transmitted by having anal, oral, or vaginal sex with an infected person.

SIGNS/SYMPTOMS
- Pain when urinating (males/females)
- Purulent discharge from penis or vagina
- Anal irritation and painful bowel movements
- People who are infected may have NO SYMPTOMS

TESTING
Urine sample, or sample from infected body parts (cervix, urethra, rectum, or throat) may be collected

TREATMENT
Gonorrhea can be treated and cured with antibiotics.

Syphilis is a bacterial STD passed on by a syphilis sore through anal, oral, or vaginal sex with an infected person. Syphilis has three stages: the primary, secondary, and the late and latent stage.

SIGNS/SYMPTOMS
- The primary stage begins with a single sore (called a chancre), but there can also be multiple sores. If not treated at this stage it will progress to the secondary stage.
- The secondary stage consists of skin rash and lesions that usually appear on the palm of the hands or bottom of feet. If not treated at this stage it will progress to the late or latent stage.
- The late or latent stage, also called the hidden stage, begins when primary and secondary symptoms disappear, but the disease is still present. Without treatment, syphilis can lead to blindness and death.

TESTING
A microscopic exam of a chancre sore or a blood test will be used.

TREATMENT
Treatment can include a single antibiotic injection for someone infected less than a year. Additional doses are needed to treat someone infected longer than a year. Treatment can lesson symptoms and decrease outbreaks but you can still spread herpes under treatment.

Herpes is a viral infection caused by Herpes Simplex Virus (HSV1 or HSV2). Herpes can be transmitted through anal, oral, or vaginal sex with an infected person. Herpes can be transmitted between outbreaks and when there are no symptoms.

SIGNS/SYMPTOMS
- Cold sores around the mouth
- Sores or blisters around the genitals, buttocks, or anal area
- Flu-like symptoms, including fever and swollen glands
- Some people have NO symptoms

TESTING
A blood test helps to determine if someone is infected with Herpes

TREATMENT
• Antiviral medications can shorten and prevent outbreaks during the period of time the person takes the medication.
• Treatment can lesson symptoms and decrease outbreaks but you can still spread herpes under treatment.
• There is NO cure for Herpes.

Pelvic Inflammatory Disease (PID) is an infection in the womb, ovaries, and fallopian tubes. PID affects WOMEN ONLY. Chlamydia, gonorrhea, and other STDs left untreated can cause PID.

SIGNS/SYMPTOMS
- Pain during intercourse
- Pain in lower abdomen
- Fever
- Smelly vaginal discharge
- Irregular bleeding
- Some women have NO SYMPTOMS

TESTING
The doctor will perform a vaginal exam, pap smear, or pelvic ultrasound.

TREATMENT
PID can be treated and cured with antibiotics.

ASK YOUR DOCTOR ABOUT GETTING TESTED TODAY