

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.

remember to use your protection method each and every time you have sex

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

CONDOMS CAN ALSO REDUCE THE RISK OF PREGNANCY

STDs



GET THE FACTS

KNOW YOUR RISK

PROTECT YOURSELF

You can learn more about STDs by visiting

www.LaHHub.org



STDs

STD stands for Sexually Transmitted Disease. They are sometimes called STIs (sexually transmitted infections).

STDs are passed by body fluids or genital contact during anal, oral and vaginal sex.

Human Immunodeficiency Virus (HIV)

is a virus that can be transmitted by anal, oral, or vaginal sex with an infected person, as well as through breast milk, during childbirth, and by coming into contact with the blood of an HIV positive person. Untreated, HIV can lead to AIDS (stage 3 HIV), which compromises the immune system and puts the person at risk of illness and death. HIV cannot be transmitted by casual contact like hugging or sharing utensils.

SIGNS/SYMPTOMS

In its early stages HIV has no symptoms.

Once the illness has progressed, the first symptoms may include fever, rashes, and sores.

In its final stage a person with AIDS may suffer from a variety of illnesses, including pneumonia and cancer.

TESTING

Get tested:

- if you have had unprotected sex
- if you have injected drugs with needles or shared drug equipment (needles, works) with others
- if you have a new sexual partner you should both get tested. A blood or urine test allows the doctor to determine if you have HIV.

A positive test result means you are infected with HIV. It doesn't mean you have AIDS or will get sick soon. A negative test result means no HIV antibodies were found in your body. But, you could still be infected if you have been exposed to HIV in the last three months. Your body may not have made enough HIV antibodies to show up yet. Get tested again in three months.

TREATMENT

Medications, called anti-retrovirals, can prevent the virus from worsening and extend the lives of HIV positive people for decades.

Start treatment as early as possible in order to stay healthy for as long as possible.

There is **NO** cure for HIV.

viral STDs
can be
treated but
CANNOT
be
cured

bacterial
STDs can be
treated and
cured

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)
- Pus-like 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 include a single antibiotic injection for someone infected less than a year. Additional doses are needed to treat someone infected longer than a year.

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.

Human Papillomavirus (HPV)

is a common viral STD that can be transmitted by anal, oral, or vaginal sex with an infected person. The body can fight off some HPV types, but others cause illness.

SIGNS/SYMPTOMS

- Genital Warts are small bump or groups of bumps in the genital area. They can be small or large, raised or flat, or shaped like a cauliflower
- Some HPV types can cause normal cells in the body to turn abnormal, and might lead to cancer over time
- Some people have NO symptoms

TESTING

A pap smear allows the doctor to determine if you have abnormal cervical cells which might indicate HPV; an HPV test can determine if you have HPV.

TREATMENT

- Genital Warts can be removed or treated with medicine.
- Abnormal Cervical Cells (found on a Pap test) can usually be treated to prevent cervical cancer from developing.
- There is NO cure for HPV.

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 lessen symptoms and decrease outbreaks but you can still spread herpes under treatment.
- There is NO cure for Herpes.

**ASK YOUR DOCTOR ABOUT
GETTING TESTED TODAY**