

STIs

Sexually Transmitted Infections

*eight common types and
how to avoid them*



Your Health Is Important

Take care of your health. Do it for yourself and for your family.

For more information about sexually transmitted infections call the CDC National STI Hotline at:
1-800-227-8922

Or visit the National Institute of Allergy and Infectious Disease Web site at:
www.niaid.nih.gov

A condom can help prevent infection, but is not 100 percent effective.



Sexually Transmitted Infections are Everyone's Problem

Sexually transmitted infections (STIs) affect millions of people each year. Some people think they won't get an STI because of their age, race, or sexuality. This is not true. Anyone can get an STI if they don't know how to prevent them.

Four Risky Behaviors that Lead to Infection

- Vaginal, oral, or anal sex without a condom
- Sexual contact with multiple partners
- Making decisions about sex when using drugs or alcohol
- Contact with infected blood, saliva or semen (a male's sexual fluid)

How STIs Affect Women

Here are some common ways that different STIs can affect a woman's health:

- Burning feeling when going to the bathroom
- Painful periods
- Damage to your heart, liver, and brain
- Cancer of the cervix (part of a woman's reproductive system)
- Infertility (can no longer have babies)
- Death

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healthy directions

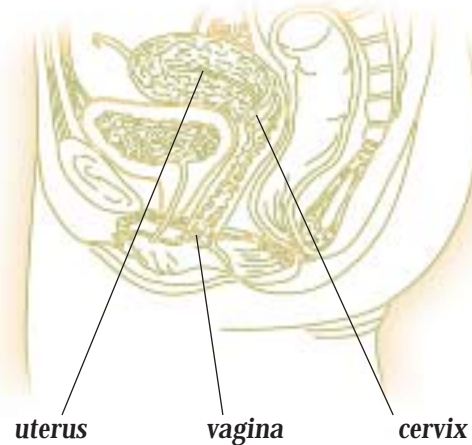


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Eight Common Sexually Transmitted Infections

Chlamydia	<ul style="list-style-type: none"> • Most common STI; infects women more often than men • Signs include liquid discharge from vagina and burning feeling when going to the bathroom • Doctors can cure chlamydia, but if you don't get treated you damage ability to have babies
Gonorrhea	<ul style="list-style-type: none"> • Signs include vaginal discharge and burning feeling while going to the bathroom – but it's more likely you will have no signs of infection • Doctors can cure gonorrhea, but if you don't get treated you damage ability to have babies
Herpes	<ul style="list-style-type: none"> • Very easy to spread • Cannot be cured; painful blisters that appear on vagina or mouth can be treated, but they will come back • Can infect newborn babies
Genital Warts	<ul style="list-style-type: none"> • Sign of the Human Papilloma Virus (HPV) • Can cause cancer in your cervix – the opening of your uterus • Doctors can remove the warts, but cannot cure HPV
Trichomoniasis	<ul style="list-style-type: none"> • Causes a thick, yellow-green discharge from vagina • Severe discomfort when going to the bathroom or having sexual intercourse
Syphilis	<ul style="list-style-type: none"> • One of the most deadly STIs, but is also very easy to cure if caught early • Begins with sores on vagina, anus, or mouth, and a rash of brown spots on your hands • Causes blindness, paralysis, and damage to your heart, liver, and brain if untreated
Hepatitis A, B & C	<ul style="list-style-type: none"> • Prevents your liver from purifying what you eat and drink • Signs include yellow eyes and skin • Can lead to liver diseases, like cancer; doctors can cure if found soon enough
HIV/AIDS	<ul style="list-style-type: none"> • The most deadly STI • Human Immunodeficiency Virus (HIV) destroys your body's ability to fight infections • Once HIV becomes Acquired Immunodeficiency Syndrome (AIDS), even a common cold can kill an infected person • Doctors can slow down the spread of HIV, but there is no cure for AIDS

Female Reproductive System



Infected People May Show No Signs

It's up to you to prevent infection. Your partner may not know they are spreading infection. If you don't get tested by a doctor, you may not know that you have an infection and are spreading it to your partner!

Testing Is the Only Way to be Sure

You can get a test for any sexually transmitted infection from your doctor or at a health clinic. Doctors can take a very small amount of your blood and find out quickly if you are infected or not.

You and your partner should get tested at least once a year. No one else will know you are getting tested and no one will know the results.

Avoiding infection could be the most important test you will ever pass!

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