



Sexually Transmitted Diseases

Sexually transmitted diseases (STDs) don't judge or discriminate. An STD can affect anyone who is sexually active — men and women, teens and older people, gays and straights, rich and poor, and in any ethnic group. However, certain groups are at higher risk:

- Teenagers.
- Anyone with more than one sex partner or whose partner has other partners.
- Men who have sex with men.

Unrecognized Dangers

Many STDs have no symptoms, but they can injure the infected person and spread to others anyway! Only a doctor can tell for sure if you are infected with an STD.

Get tested for STDs at least once a year if you are sexually active, and talk openly with your doctor.

Some STDs can be spread without intercourse. Oral sex and touching someone's genitals are risky behaviors, too.



Good Sexual Health

STDs lead to physical and emotional pain. These tips will help keep you STD-free.

Abstinence. Not having sex is the only 100% safe choice. If either you or your loved one have been sexually active in the past, get tested before choosing sex.

Being Abstinent

www.intheknowzone.com/stds/abstinence

If you choose to have sex, have safer sex. A latex condom for every sex act can help. But condoms can break or leak. Herpes, genital warts, chancroid, and syphilis can spread even with condom use. A condom might not cover the infected area, and you can't always see that the skin is infected.

Playing It Safe

www.intheknowzone.com/stds/prevention

Decide about sex when you are sober. Alcohol and other drugs limit your ability to think clearly, to stick to your principles, and to make sound decisions.

Avoid illegal drugs. Many STDs are spread by contaminated needles or items used for sniffing drugs, so stay away.

Learn to Live Well

Inside is a chart with the facts on common STDs. Learning more about STDs allows you to make your life choices wisely.

Sexually active people should be tested for STDs regularly. If you have any of the symptoms shown on the chart, see a doctor right away.

More on STDs

www.intheknowzone.com/stds/info

For More Information

Go to **www.intheknowzone.com** for an extension of this pamphlet. Increase your knowledge using the information, statistics, images, and links. Test your understanding with a quick quiz.



National STD Hotline:
(800) 232-4636

**Don't stay in
the dark.
Get In the Know!**

STDs

just the facts



in the know

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Disease

Common Symptoms

How People Get It, Who is at Risk, & How It is Treated

Complications

Chlamydia

Gonorrhea (the clap)

Genital Herpes

Genital Warts (venereal warts)

Hepatitis A

Hepatitis B

Hepatitis C

Pubic Lice (crabs)

Scabies

Syphilis (bad blood)

HIV & AIDS

(Human Immunodeficiency Virus causes Acquired Immunodeficiency Syndrome)

- Often no early symptoms, especially in women
- Discharge from genitals or anus
- Pain when urinating or in rectum
- Vaginal bleeding between periods (spotting)
- Possible rash or joint pain

- Sometimes has no symptoms
- Painful sores, bumps, or cuts in genital/anal area (often look like cold sores)
- Itching and genital pain
- Tiredness
- Fever

- Sometimes has no symptoms
- Bumpy growths in genital/anal area

- May have no symptoms (especially kids under 3)
- Tiredness and fever
- Lost appetite, nausea, vomiting
- Yellow eyes/skin (jaundice)
- Dark urine; light stool

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- Joint/muscle pain
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- Itching
- Small insects feed on blood or lay eggs in skin
- Eggs on pubic hair
- Bumps and burrows on skin

- Painless sores appear first on genitals, mouth, or anus
- Later, if untreated: rash, flu-like symptoms, hair loss, and other symptoms

- Symptoms may not appear for months or years, but infected people can spread the disease anyway
- Weight loss and tiredness
- Fever, swollen glands, diarrhea
- Many infections; sore throat
- Purplish spots on skin

- Spread by sexual contact with or without penetration, with genitals, mouth, or anus
- People may have and spread disease without knowing it
- All sexually active people are at risk
- Latex condoms can reduce risk
- Curable with specific antibiotics

- Spread by sexual contact with genital/anal area, including heavy petting (touching someone's genitals)
- Spread even if no sores are visible
- At risk: those who have sex or foreplay with infected person(s)
- Latex condoms reduce risk, but may not cover all infected areas
- No cure, but doctor may prescribe treatment for symptoms

- Spread by sexual contact with genital/anal area, including heavy petting (touching someone's genitals)
- Spread even if no warts are visible
- At risk: those who have sex or foreplay with infected person(s)
- Latex condoms may reduce risk, but may not cover all infected areas
- No cure, but warts may be removed by a doctor

- Spread when infected feces gets in the mouth. Infected feces may be on food, any object, or a body part.
- At high risk: housemates and sex partners of infected persons, men who have sex with men, drug users, and residents of highly infected areas
- No cure, but infection clears in weeks or months
- Vaccine shot available

- Spread by sexual contact; IV drug needles/syringes, or drug straws; unclean tattooing/body piercing; in childbirth; sharing razors, toothbrushes, etc.
- All sexually active people and drug users are at risk
- At high risk: men who have sex with men, babies of infected women, housemates of chronic carriers, medical workers
- Latex condoms can reduce risk
- No cure, but infection may clear in weeks or months
- Vaccine shot available

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- All sexually active people and drug users at risk
- At high risk: men who have sex with men, babies of infected women, medical workers
- Latex condoms can reduce risk
- No cure, but infection may clear in weeks or months

- Spread by contact with an infested person/their bedding, etc.
- At risk: sexually active people; those who sleep or bathe in more than one place
- Curable with specific medicated lotions

- Spread by sexual contact with or without penetration, with genitals, mouth, or anus
- People may have and spread disease without knowing it
- All sexually active people are at risk, especially men who have sex with men
- Latex condoms can reduce risk
- Curable with specific antibiotics

- Spread by sexual contact; IV drug needles/syringes, or drug straws; unclean tattooing/body piercing; in childbirth; sharing razors, toothbrushes, etc.
- All sexually active people and drug users are at risk
- At high risk: men who have sex with men, babies of infected women, medical workers
- Latex condoms can reduce risk
- No cure, but medicines may slow the disease

- Pelvic inflammatory disease (PID) (women)
- Unable to have or father babies
- Tubal pregnancy
- Infected testicles
- Pneumonia (newborns)
- Eye or blood infections (newborns)
- Repeated outbreaks
- Increased risk of cervical cancer
- Brain damage or death in newborns
- Disease may remain and warts may reappear after treatment
- Linked to cervical cancer
- Large warts can block urethra, vagina, rectum, or throat

- Weeks or months of tiredness and missed work

- Chronic carriers can infect others for life
- Chronic liver disease, cirrhosis, liver cancer, death

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- Allergy to insect bites, mites, or mite droppings

- Without treatment: brain damage, blindness, heart disease, death
- Damage to brain, eyes, teeth, bone, skin, or liver in newborns

- Extreme weight loss, vision loss, nausea, headaches, seizures, cancer, pneumonia
- Most infected people eventually die of AIDS