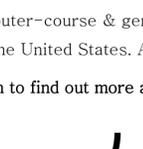




# Sexually Transmitted Infections

## The Scoop:



Sexually transmitted infections (STIs) are infections that are spread through sexual contact (vaginal, anal, oral, outer-course & genital touching). STIs are among the most common infections in the United States. About 1 in 4 Americans has an STI.

Read on to find out more about specific STIs!

### Chlamydia



This is what the STI looks like under a microscope!

75% of infected women and 50% of infected men will have no symptoms from this bacteria. Symptoms can include abnormal discharge in women and ANY discharge in men, & burning or an unusual feeling during urination. If left untreated, Chlamydia can cause Pelvic Inflammatory Disease (PID) in women and Epididymitis in men which can cause permanent problems with fertility.

### Gonorrhea

This bacteria will cause no symptoms at all in some men and most women. Symptoms can include abnormal discharge in women and ANY discharge in men, & burning during urination. If left untreated, Gonorrhea can cause Pelvic Inflammatory Disease (PID) in women and Epididymitis in men which can cause permanent problems with fertility.



**Virus or Bacteria?**  
Bacterial STIs can be cured with antibiotic medication. There is no cure for viral STIs but the symptoms they cause can be treated.

### Syphilis



Many people do not have signs & symptoms from this bacteria for years. Three stages occur. First stage, painless sore (chancre) can appear at infected area. Second stage, skin rash (no itching) mainly on palms of hands & soles of feet, along with fever, fatigue & swollen lymph nodes. The last stage can cause problems that may not be reversed. Symptoms begin to show in 10-90 days.

### Herpes

50-80% of all Americans have HSV-1 (cold sores), & 1 out of 5 people in the United States have the genital herpes virus (HSV-2). Most people who have the infection do not have symptoms. Visual symptoms include painful blisters/sores, flu-like symptoms, fever & swollen glands 2-20 days from infection.



**Prevention**  
Not having sex is the surest way to be STI-free. If you choose to have sex, there are some things you can do to make sex safer:

- Before sex, someone can talk to their partner about getting tested or using condoms.
- During vaginal, anal or oral sex use condoms correctly every single time. There are condoms that both males & females can use.
- Know that having more than one partner makes you more likely to get an STI. Have sex with someone who only has sex with you (monogamy).

### HIV

The only way to know if someone is infected with HIV is to get tested. People can be infected with this virus and feel perfectly healthy. Some symptoms may include weight loss, fever, swollen glands, diarrhea, fatigue, repeated infections, sore throat and skin blotches. HIV weakens the immune system which can lead to infections & death. It takes 3 months to time of infection to be able to test for HIV.



### HPV

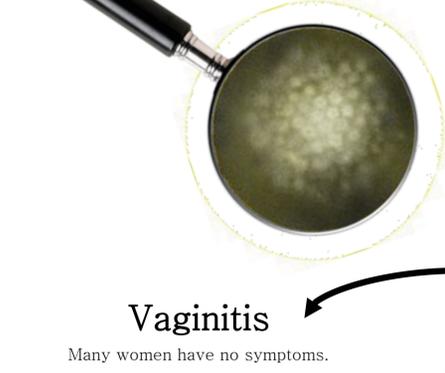
Most common STI in United States. 50% or more of sexually active men and women will have one form of HPV in their lifetime. Most people do not have symptoms after exposure to this virus. Some types of HPV can cause genital warts and some types can cause cervical cancer, etc. Symptoms begin to show in 30-90 days, but in some cases it can take months to years for the symptoms to show.



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### Hepatitis

This virus can cause yellow skin and eyes, dark urine, tiredness and weakness, weight loss and abdominal pain. It can eventually cause liver cancer, cirrhosis (enlarged liver), chronic symptoms or death. Symptoms take 60-90 days to show.



### Vaginitis

Many women have no symptoms. Increased vaginal discharge, can be white or gray in color or "cottage-cheese" like in texture. Burning during urination, itching, strong "fish-like" odor. Pain during sex. Can increase the risk of becoming infected with HIV & STIs. Symptoms take 4-28 days to show.

