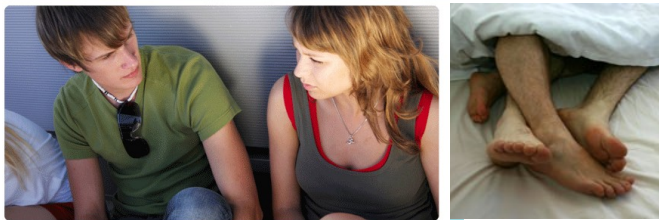


STIs can be passed through body fluids or skin-to-skin contact. Putting a condom on at the beginning of foreplay provides the most protection.

- Put the condom on as soon as the penis is hard.
- Pinch the tip of the condom to keep air out. Leave about 1/2 inch of room at the tip.
- Unroll the condom all the way down to the base of the penis. If it doesn't unroll, it was placed on backwards, always throw away, **DON'T** flip it over!
- Use **ONLY** water-based lubricants. Oil-based products, like Vaseline can cause the condom to break.
- After ejaculation, hold the condom around the base of the penis. Take the penis out before it gets soft. Throw away used condom.



Get Tested TODAY!!

Call: 541-322-7499

**Sexually
Transmitted
Infections (STIs)**

Am I At Risk?



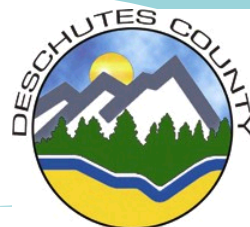
**DESCHUTES COUNTY
HEALTH SERVICES**

Bend/La Pine: 541-322-7499

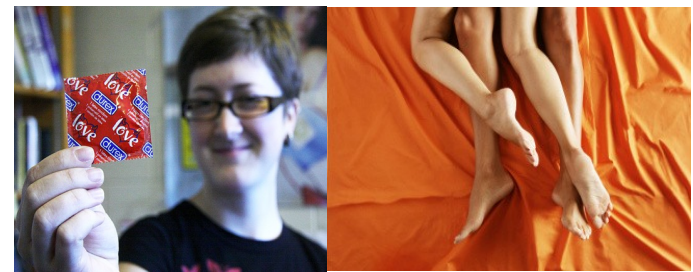
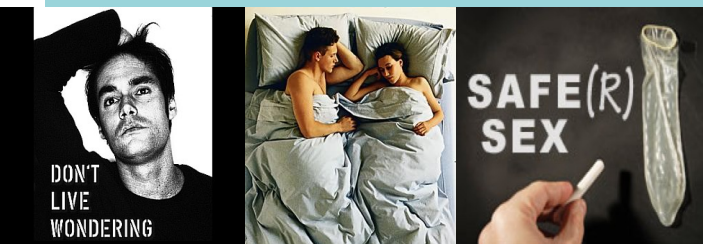
Redmond: 541-617-4775

www.deschutes.org/thespot

iwannaknow@deschutes.org



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What Puts Me At Risk?

Not everyone is at equal risk for acquiring a sexually transmitted infection (STI). All people live different lives, and certain behaviors are more risky for passing or getting an infection. *Some of the biggest risk behaviors are...*



❑ **Unprotected sex**—vaginal, oral or anal sex without a condom or physical barrier like a dental dam.

❑ **More than one partner**—in one time period and total partners in lifetime.

❑ **Being under the age of 25 or having sex for the first time at a young age**—Young people are more likely to be infected with an STI than older people. STIs are already high in the 25 & under age group, and younger people who choose to have sex are more likely to engage in risky behaviors like using alcohol and having unprotected sex than adults do.

❑ **Alcohol Use**—Alcohol lowers inhibitions making it easier to go beyond our personal stopping points. Alcohol also makes it more difficult to use condoms correctly or even at all.



❑ **Drug Use**—Decision making can be difficult for someone under the influence. A person who injects drugs can be at increased risk of getting HIV or Hepatitis

❑ **Having sex with someone who injects drugs**

❑ **Having Sex for Money/Drugs**

❑ **Being a man who has sex with other men**



❑ **Having an STI**—having one STI makes a person more at risk for getting another one. Skin can be irritated, inflamed or blistered from things like shaving or certain symptoms from STIs which can allow other infections to get into a body more easily.

❑ **Using hormonal birth control but no barrier method such as a condom or dental dam**—Hormonal methods like the pill, the ring, the shot provide no STI protection. Using both hormonal birth control AND condoms/dental dams give even more protection.

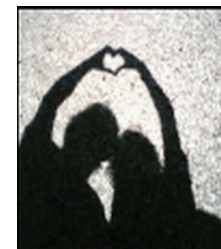
SEXUAL EXPOSURE CHART
(if every person has only the same number of partners as you)

Number of Sexual Partners	Number of People Exposed to
1	1
2	3
3	7
4	15
5	31
6	63
7	127
8	255
9	511
10	1023
11	2047
12	4095

Life Cycle Books

What Keeps Me Safer?

Get Checked. Some STIs don't have symptoms. So get checked, and take your partner with you! Getting tested can be as simple as urinating in a cup. **To get checked call: 541-322-7499**



Use Condoms/Barriers. Using a barrier method such as condoms or dental dams correctly **ALL** the time can help reduce the risk of STIs. Make sure to always check the expiration date and feel for air in the package of a condom before using it. Remember to put the condom on at the beginning of foreplay for the most protection.

Talk To Your Partner. This means you and your partner only have sex with each other. Make sure to get checked for STIs and use condoms to help protect against STIs you or your partner may have.

Be Aware of Alcohol/Drug Use.

Alcohol and drugs can increase risky behavior by making it easier to go past our personal stopping points.

Get Vaccinated. Get vaccines for Hepatitis B, Hepatitis A, and HPV. Remember that some vaccines don't provide total protection, but they can help!

