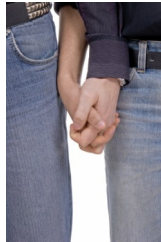


# SEXUALLY TRANSMITTED INFECTIONS (STIs)



## What Are They & How To Be STI - Free



### What are STIs?

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.

### HOW TO BE STI - FREE

**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).

### When To Get Tested

- With a new partner.
- With unprotected sex.
- With symptoms, such as, 1) sores, unusual bumps or blisters, 2) burning, pain or an "unusual" feeling when they pee, 3) itching, a "fishy" smell, or unusual discharge from their penis, vagina or anus, or 4) pain below their belly button.
- If you are someone who injects drugs or if you have sex with someone who injects drugs.

### GUESS WHAT?!

Most people have NO SIGNS when they have an STI! This means, if someone is sexually active, the only way to know if they have an STI is to get tested.

### What Should Someone Do If They Think They Have An STI?

**GET TESTED!!!** Early testing and treatment can prevent problems that may not be reversed.

**Call:** 541-322-7499 to set up a appointment.

### HOW TO TALK TO A PARTNER ABOUT STIs

Talking to a partner about STIs can be difficult. Whether it's about getting tested, or letting someone know that you have tested positive for an STI. Here are some helpful hints to bring up the topic:

- **Timing** is everything, this needs to be considered when choosing when is the right time to talk.
- **Think** - if I don't feel comfortable having this conversation with my partner should we be having sex yet?
- **Talk** with your partner as soon as possible if you test positive for an STI. Once someone has been treated for an STI, they can get it again, so a partner needs to be treated too!
- **Seek Help** - ask someone at Deschutes County Health Services for advice on how to bring up the conversation on STIs.

Call us: 541-322-7499

Email confidentially: [iwannaknow@deschutes.org](mailto:iwannaknow@deschutes.org)

## DESCHUTES COUNTY HEALTH SERVICES

Bend/La Pine: 541-322-7499

Redmond: 541-617-4775

[www.deschutes.org/thepot](http://www.deschutes.org/thepot)

[iwannaknow@deschutes.org](mailto:iwannaknow@deschutes.org)



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Infection/Disease	Symptoms	How People Get It	How Testing Works	Treatment
<b>CHLAMYDIA (bacteria)</b>	75% of infected women and 50% of infected men have no symptoms. 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.	Direct contact with the infected mucous membrane (vagina, penis, rectum, mouth, eye)	Urine sample for men & women. Vaginal or cervical sample for women.	Curable with appropriate antibiotics
<b>GONORRHEA (bacteria)</b>	Some men and most women have no symptoms at all. 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.	Direct contact with the infected mucous membrane (vagina, penis, rectum, mouth, eye)	Urine sample for men & women. Vaginal or cervical sample for women.	Curable with appropriate antibiotics
<b>SYPHILIS (bacteria)</b>	Many people do not have signs & symptoms 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.	Direct contact with infected area.	Blood test.	Curable with appropriate antibiotics
<b>HPV (HUMAN PAPILLOMA VIRUS) / GENITAL WARTS</b>	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. Some types of HPV can cause genital warts and some types can cause cervical cancer, etc. Symptoms begin to show in 30-90 days, in some cases months to years.	Direct contact with an infected area. Virus can be spread without any visible signs.	Pap Smear for women. No test for men. Visual inspection for	No cure. Vaccine can prevent types of HPV.
<b>HERPES SIMPLEX 1 &amp; 2 (virus)</b>	50-80% of all Americans have HSV-1 (cold sores), & 1 out of 5 people in the United States have genital herpes (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.	Direct contact with an infected area. Virus can be spread without any visible signs.	Culture of blister or blood test.	No cure. May be controlled with medicine
<b>HIV/AIDS (HUMAN IMMUNO-DEFICIENCY VIRUS &amp; ACQUIRED IMMUNO-DEFICIENCY SYNDROME)</b>	The only way to know if someone is infected with HIV is to get tested. People can be infected with HIV 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 from time of infection to be able to test for HIV.	Sexual contact with an infected person, sharing needles (I.V. drug use), & pregnant women can give HIV to their newborns.	Finger prick, oral swab or blood draw.	No cure. Medications can slow the disease.
<b>HEPATITIS B (virus)</b>	Yellow skin and eyes, dark urine, very tired and weak, weight loss and abdominal pain. Can eventually cause liver cancer, cirrhosis (enlarged liver), chronic symptoms or death. Symptoms take 60-90 days to show.	Sexual contact with an infected person, sharing needles, razors, toothbrushes.	Blood test.	No cure. Vaccine. Can treat symptoms
<b>VAGINITIS (YEAST, BACTERIAL VAGINOSIS, &amp; TRICHOMONAS)</b>	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.	New sexual partner, multiple sex partners, douching	Vaginal Sample.	Curable with medications, some oral & some placed on the skin.