

# What You Need to Know About STDs

***Sexually transmitted diseases, STDs, are spread by having sex with someone who has an STD. You can get an STD from sexual activity that involves the mouth, anus, vagina, or penis. One out of four teens becomes infected with an STD. By the age of 25, half of all sexually active young adults will get an STD.***

STDs are serious illnesses that require treatment. Protect yourself from: Genital herpes (cannot be cured); Human papilloma virus/Genital warts; Chlamydia; Syphilis; Gonorrhea ("Clap"); Trichomoniasis; HIV/AIDS (cannot be cured).

## What Are the Symptoms of STDs?

Sometimes, there are no symptoms of STDs. If symptoms are present, they may include: severe itching in genital area; bumps, sores, or warts near the mouth, anus, penis, or vagina; swelling or redness near the penis or vagina; painful urination; discharge from penis or vagina, vaginal discharge may have an odor; bleeding from vagina other than monthly period; painful sex; weight loss, loose stools, night sweats; aches, pains, fever, and chills.

## How Do I Know If I Have an STD?

You won't know unless you see a doctor. Use our clinic locator to find a doctor for low or no cost for treatment. He/She will examine you and treat the STD. Many STDs are treated with antibiotics.

## How Can I Protect Myself From STDs?

- Not having sex or sexual relations (abstinence) is the only sure way to prevent STDs.
- Use a latex condom every time you have sex. (If you use a lubricant, make sure it is water-based.)
- Limit your number of sexual partners. More partners mean much higher risk of getting an STD
- Get checked for STDs. Don't risk giving the infection to someone else.
- Learn about STDs. The more you know, the better you can protect yourself.

## How Can I Avoid Spreading an STD?

If you have an STD, stop having sex until you see a doctor and are treated; Follow your doctor's instructions for treatment; Use condoms whenever you have sex, especially with new partners; Don't resume having sex unless your doctor says it's okay; Be sure your sex partner or partners also are treated.

