

Sexually Transmitted Disease (STD)



What to watch For:

Many people have no symptoms. If you have symptoms, you may notice any of the following.

Women:

An unusual discharge or smell from you vagina.

Pain in your pelvic area- the area between your belly button and sex organs.

Burning or itching around your vagina.

Bleeding from your vagina that is not your regular period.

Pain deep inside your vagina when you have sex.

Men:

A drip or discharge from your penis.

Women and Men:

Sores, bumps or blisters near you sex organs, rectum or mouth.

Burning and pain when you urinate (pee) or have a bowel movement.

Need to urinate (pee) often.

Itching around your sex organs.

A swelling or redness in you throat.

Flu-like feelings, with fever, chill and ache.

Swelling in you groin- the area around your sex organ.

If you have any of these symptoms, stop having sex. Go to an STD clinic or your health care provider. Don't put it off-get checked out now!

You Can Protect Yourself

*Not having sex is the best way to protect yourself from STD.

*Having sex with only one uninfected partner who only has sex with you is also safe.

*Talk to your partner about past sex partners and about needle drug use. Don't have sex with someone who you think may have an STD.

*Before you have sex, look closely at your partner for any signs of STD-a rash, a

sore, redness or discharge. If you see anything you are worried about don't have sex!

*Use a latex condom (rubber) for vaginal, anal and oral sex. Condoms will help protect you from STD much of the time. Both men and women should carry condoms.

*People who are allergic to latex can use plastic (polyurethane) condoms. These come in both male and female styles.

*Get checked for STD regularly. Ask your health care provider to help you decide how often and which tests you should have.

*Know the signs and symptoms of STD. If you notice a symptom that worries you, get checked out!

**If you have an STD, your partner(s) must get tested and treated too.
If you have an STD, don't have sex until your treatment is complete.**

What Is STD?

SEXUALLY TRANSMITTED DISEASE (STD) is serious, sometimes painful, and can cause a lot of damage. Some STDs infect your sexual and reproductive organs. Others (HIV, hepatitis B, syphilis) cause general body infections. Sometimes you can have an STD with no signs or symptoms. Other times, the symptoms go away on their own. Either way, you still have the STD until you get treated. A few STDs cannot be cured. But, most STD can be cured if you get treated.

How Is STD Spread?

STD IS SPREAD during close, sexual activity and during vaginal, anal and oral sex. Some STDs (HIV and hepatitis B) are also spread by contact with infected blood. Most STD germs need to live in warm, moist areas. That's why they infect the mouth, rectum and sex organs (vagina, vulva, penis and testes).

What to Do?

IF YOU THINK you might have an STD, get checked out. Don't just hope the STD will go away. It won't! Most county health departments have special STD clinics. Private doctors also treat STD. If you don't know where to get help, call your local family planning clinic for information. Your case will be kept private. You may feel embarrassed about having an STD. It may be hard for you to go to a doctor or clinic for help. But you must get treatment for the STD, even if it is a hard thing for you to do. This is the only way you will get well. Most STDs can be treated with antibiotics. Do exactly what your doctor tells you. Be sure to use all of your medicine. You also must tell your sexual partner(s). If they aren't treated, they can get sick. They can spread the STD. They might even give it to you again!