



## Guide to Sexually Transmitted Infections (STI's)

| <b>Infection</b>      | <b>What is it?</b>  | <b>How do I get it?</b>  | <b>How can I tell?</b>   | <b>How do I get rid of it?</b>                                   | <b>How do I lower my risk?</b>   |
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| <b>Chlamydia</b>      | Bacteria that can infect the urethra (the opening of your penis), throat, anus or testicles | Oral, vaginal or anal sex without protection   | After 7-14 days, there is a smelly discharge or burning, particularly when urinating, and itching or pain and swelling in the testicles. | Antibiotics  | Pay attention to any odors. Use condoms for anal and vaginal sex.            |
| <b>Genital Herpes</b> | A virus that causes sores on sex organ or mouth.  | Skin to skin contact even when there are no symptoms.  | After 5-21 days, there are small, painful sores that will go away. They may itch, burn, tingle or ooze. Sore reappear later.             | NO Cure. Treatments lessen symptoms and help prevent recurrence. | Pay attention to outbreaks and sores. Avoid contact as much as possible.     |
| <b>Genital Warts</b>  | A virus that infects the sex organs and causes warts or bumps, some very small.             | Contact with warts.  | After many months, small, painless bumps appear on the genitals or anal area.  | NO Cure. Warts are removed through different methods.            | Pay attention to warts around someone's penis/vagina, anus and genital area. |
| <b>Gonorrhea</b>      | Bacteria that can infect the urethra (opening of your penis), throat, anus or testicles.    | Oral, vaginal or anal sex without protection.  | After 3-5 days, there is a smelly discharge or burning, particularly when urinating.   | Antibiotics  | Pay attention to any odors. Use condoms for anal and vaginal sex.            |
| <b>Hepatitis A</b>    | A virus that causes inflammation of the liver.  | Orally transmitted. Sharing silverware or toothbrushes, eating contaminated food, or oral-to-anal contact with an infected person. | After 10-50 days, there is fever, abdominal pain, nausea and fatigue.  | NO Cure. May take 6-12 months to resolve and is rarely fatal.    | Get vaccinated. Use a latex barrier for anal and vaginal contact.            |

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| <b>Hepatitis B</b>               | A virus that causes inflammation of the liver. May lead to cancer or cirrhosis.                           | Contact with infected blood or bodily fluids, unprotected anal sex or sharing needles with an infected person. | After 60-90 days, fatigue, loss of appetite, nausea, yellowing of skin and eyes, dark urine.  | NO Cure. Liver infection can become chronic and sometimes be fatal.                                   | Get vaccinated. Use a latex barrier for anal and vaginal contact.       |
| <b>Hepatitis C</b>               | A virus that causes a more serious inflammation of the liver and liver failure over time.                 | Contact with infected blood or bodily fluids, unprotected anal sex or sharing needles.                         | After 60-90 days, fatigue, loss of appetite, nausea, but mostly no symptoms.  | NO Cure or vaccine. High chance of becoming chronic or fatal.   | Don't share needles. Use a condom for anal and vaginal sex.             |
| <b>HIV</b>                       | A virus that attacks the immune system.   | Unprotected anal and vaginal sex, sharing needles.   | Get an HIV test. During the first weeks: flu-like symptoms, fever, night sweats, weight loss, sore/swollen lymph nodes occur. After some years, people may develop illnesses, infections, and cancers (AIDS diagnosis). | NO Cure or vaccine. HIV treatments help many people with HIV/AIDS to live longer and healthier lives. | Don't share needles. Use a condom for anal and vaginal sex.             |
| <b>Lympho-granuloma venereum</b> | A bacterial infection that can cause ulcers on the penis or anus.   | Anal or oral sex – unprotected anal intercourse is a common risk factor.                                       | Within 30 days, pimple or blister turns into ulcer. Painful lymph nodes, anal discharge, bloody diarrhea.   | Three weeks of uninterrupted antibiotics.   | Use a condom for anal and vaginal sex. Pay attention to any open sores. |
| <b>Syphilis</b>                  | A bacteria that causes a chancre sore on butt, penis or mouth. Untreated, it spreads throughout the body. | Oral or anal sex without protection. Contact with sores.   | After 3 weeks, sores on genitals or mouth rash, swollen glands and fever.   | Antibiotics   | Use a condom for anal and vaginal sex. Pay attention to any open sores. |

\*\* It is important to always use a condom properly. For persons whose sexual behaviors place them at risk for HIV and STI's, correct and consistent use of a condom can reduce the risk of HIV and STI transmission. However, no protective method is 100% effective, and condom use cannot guarantee absolute protection against any STI's.\*\*