

safe 
 feels
better. 
 

STIs are common and nothing to be ashamed of. They're infections, just like colds or the flu. Many are curable, and all are manageable with proper care.

If you suspect you have an STI, or if you want to get tested, talk to a parent, trusted adult, or medical provider to get assistance.

You are never alone!

What is an STI?

A sexually transmitted infection (STI) is an infection that spreads from one person to another through sexual contact, including vaginal, anal, and oral sex. Some STIs can also be passed through intimate skin-to-skin contact, or from parent to child during pregnancy, birth, or breastfeeding.

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let's talk
about


sexually
transmitted
infections
(STIs)



types of STIs



	COMMON TYPES	SYMPTOMS
BACTERIAL	Chlamydia	discharge, pain when urinating, swelling of the testicles, and other symptoms
	Gonorrhea	similar symptoms to chlamydia
	Syphilis	sores in the early stages, but can have serious complications if not treated
VIRAL	HIV (Human Immunodeficiency Virus)	weakens the immune system AIDS (Acquired Immunodeficiency Syndrome) is the advanced stage of HIV when the immune system is severely damaged
	HPV (Human Papillomavirus)	genital warts or certain cancers
	Herpes (HSV)	cold sores or genital sores
	Hepatitis B (HBV)	affects liver function
PARASITIC	Trichomoniasis (or Trich)	often has symptoms similar to chlamydia and gonorrhea

how STIs are spread

STIs are spread in different ways depending on the STI. They can be spread through the following:

- Oral sex (when one person's mouth touches another person's genitals)
- Anal sex (when a penis enters the anus)
- Vaginal sex (when a penis enters the vagina)
- Intimate touch (skin-to-skin contact, like touching genitals)
- Sharing needles (using a needle after someone else has)

how to prevent STIs

- Abstinence (not having sex)
- Condoms (if used correctly every time)
- PrEP/PEP (medicines to prevent HIV)
- Vaccines (available for HPV and Hepatitis B)

* REMEMBER

The most common symptom is no symptom at all!

The only way to know for sure if you have an STI is to get tested.

how to get STI tests

STI tests are quick, confidential, and often free at health clinics, doctors' offices, and community health centers.

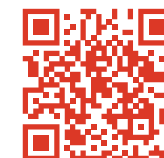
Some tests require urine, blood, or swab samples.

Tell your medical provider what kind of sex you're having. If you're having vaginal sex but they swab your throat, this will not be an effective test.



treatment

STI TYPE	TREATMENT
BACTERIAL <i>chlamydia, gonorrhea, syphilis</i>	cured with antibiotics
VIRAL <i>HIV, HPV, HSV, Hepatitis B</i>	managed with medication
PARASITIC <i>trichomoniasis</i>	treatable with prescription medication



Want to get tested?

FIND A CLINIC NEAR YOU:
gettested.cdc.gov