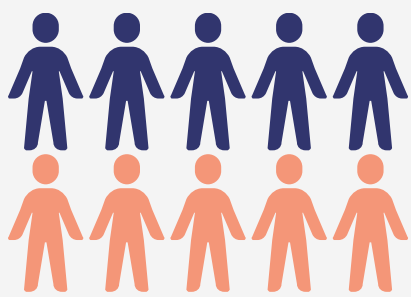
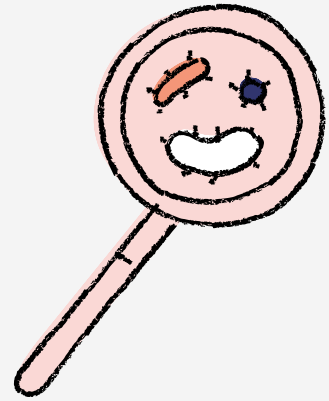


Sexually Transmitted Infections (STIs)

What are STIs?

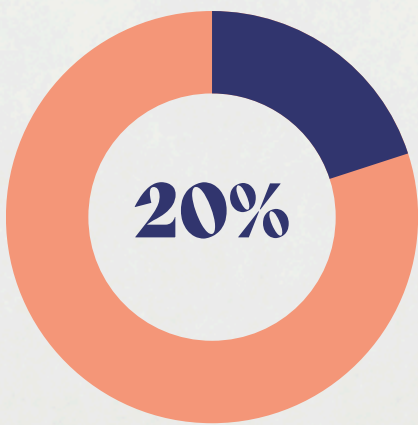
STIs are infections caused by viruses, bacteria, and parasites. They can cause long-lasting damage if not treated.¹



STI Prevalence

Of the 20 million new STI cases every year in the United States,² almost **50%** are among young adults aged 15–24 years old.³

Approximately **20%** of all adults in the United States have an STI.³



How are they spread?

- Vaginal Sex⁴
- Oral Sex⁴
- Anal Sex⁴
- Sharing needles⁵
- Skin-to-skin contact⁶

Common STI Symptoms

- Vaginal discharge⁶
- Genital warts⁷
- Genital ulcers⁸
- Mild to severe pain during sex and urination⁵
- Sore, swollen lymph nodes⁵
- Fever⁵
- Many STIs are asymptomatic, so it is good to get tested regularly!⁷

Important Note!

Many STIs do not have any symptoms.

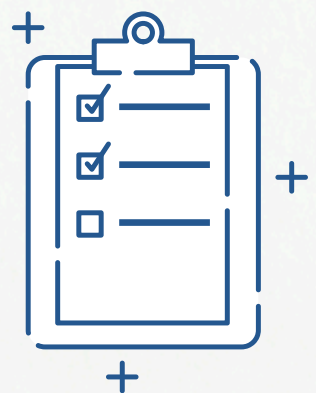
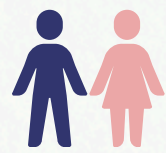
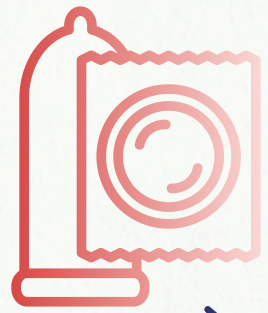
Some of the most common examples of STIs that do not have symptoms in men or women include:

- HPV
- HSV
- Chlamydia
- Gonorrhea

How do I prevent STIs?

There are several ways to protect yourself from contracting an STI.

- Abstain from all forms of sex⁵
- Use condoms⁶ and dental dams⁵
- Get vaccinated to protect against HPV and HBV and their negative effects⁴
- Have fewer sexual partners⁶
- Know the sexual history of your sexual partner(s)⁵



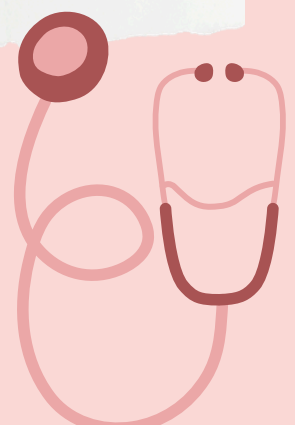
What should I do if I think I have an STI?⁸

1. **Get tested as soon as possible.**
2. Self-check any present symptoms.
3. Stop having all types of sex until test results are returned.
4. If test is positive, discuss treatment options with your healthcare provider.
5. Contact any recent sexual partners.
6. Identify safer sex practices to protect yourself in the future.

Tip!

If one of your sexual partners gets diagnosed with an STI, **always get tested!**

It is better to know if you have an infection and receive treatment rather than allowing it to progress and potentially pass it on to others.



Treatment options

Depending on the type of STI contracted, different treatments are recommended.

- **Antibiotics**

- Bacterial STIs are typically curable with an appropriate dose of antibiotics.⁹

Examples of bacterial STIs include:

- Chlamydia
- Gonorrhea
- Syphilis

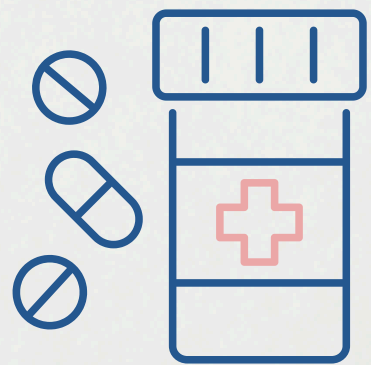


- **Antiviral medications**

- Viral STIs are a lifelong diagnosis, but it is possible to live a normal life and not feel the severe effects of the infection through antiviral medication.⁹

Examples of viral STIs include:

- HIV
- HPV
- HBV
- Genital Herpes



Taking any STI treatment prescription for the suggested length of time is **essential** to eliminating and/or managing an STI.⁹

For more information, talk to your healthcare provider about sexually transmitted infections or visit one of the following websites.

STI Online Resources

<https://www.cdc.gov/sti/index.html>

https://www.nichd.nih.gov/health/topics/stds/more_information/resources

[https://www.who.int/news-room/fact-sheets/detail/sexually-transmitted-infections-\(stis\)](https://www.who.int/news-room/fact-sheets/detail/sexually-transmitted-infections-(stis))

References

1. National Institute of Allergy and Infectious Diseases. Sexually Transmitted Infections. Accessed 3/24/25, <https://www.niaid.nih.gov/diseases-conditions/sexually-transmitted-infections>
2. Satterwhite CL, Torrone E, Meites E, et al. Sexually transmitted infections among US women and men: prevalence and incidence estimates, 2008. *Sex Transm Dis.* Mar 2013;40(3):187-93. doi:10.1097/OLQ.0b013e318286bb53
3. USAFacts Team. How common are STDs in the US? Accessed 3/25/25, <https://usafacts.org/articles/how-common-are-stds-in-the-us/>
4. World Health Organization. Sexually transmitted infections (STIs). Accessed 3/20/2025, [https://www.who.int/news-room/fact-sheets/detail/sexually-transmitted-infections-\(stis\)#:~:text=STIs%20have%20a%20direct%20impact,the%20burden%20of%20STIs%20world wide.](https://www.who.int/news-room/fact-sheets/detail/sexually-transmitted-infections-(stis)#:~:text=STIs%20have%20a%20direct%20impact,the%20burden%20of%20STIs%20world wide.)
5. Mayo Clinic. Sexually Transmitted Diseases (STDs). Accessed 3/25/25, <https://www.mayoclinic.org/diseases-conditions/sexually-transmitted-diseases-stds/symptoms-causes/syc-20351240>
6. The American College of Obstetricians and Gynecologists. How to Prevent Sexually Transmitted Infections (STIs). Accessed 3/25/25, <https://www.acog.org/womens-health/faqs/how-to-prevent-stis>
7. Wihlfahrt K, Gunther V, Mendling W, et al. Sexually Transmitted Diseases- An Update and Overview of Current Research. Accessed 3/25/25, <https://pmc.ncbi.nlm.nih.gov/articles/PMC10178083/>
8. de Matos MA, Caetano KA, Franca DD, Pinheiro RS, de Moraes LC, Teles SA. Vulnerability to sexually transmitted infections in women who sell sex on the route of prostitution and sex tourism in central Brazil. *Rev Lat Am Enfermagem.* Jul-Aug 2013;21(4):906-12. doi:10.1590/S0104-11692013000400011
9. Planned Parenthood. What Should I Do if I Get an STI? Accessed 3/25/25, <https://www.plannedparenthood.org/blog/what-should-i-do-if-i-get-an-sti>