



## Sexually Transmitted Diseases

Sexually transmitted diseases (STDs) are infections that you can get by having sexual contact with an infected person. Sexual contact includes intercourse, oral sex, anal sex, and skin to skin contact.

The only guaranteed way to protect yourself from getting an STD is to not have sex. Male latex condoms can reduce the risk of getting an STD. To be protected, condoms must be used correctly and with every sexual contact.

## Common Symptoms of STDs

Most STDs do not have symptoms, but if you have any of these symptoms you need to see your health care provider. Even if your symptoms disappear in a few days, the disease remains and you still need treatment. The most common STD symptoms are:

- “ Vaginal or penis discharge that itches or smells bad
- “ Pain during sex or when urinating
- “ Sore throats in people who have oral sex
- “ Pain in the anus for people who have anal sex
- “ Sores, either painful or painless, or a cluster of blisters on the genital area, anus, tongue and/or throat
- “ Dark urine, loose, light-colored stools, and yellow eyes and skin

## How STDs are Transmitted

STDs such as HIV, gonorrhea, chlamydia, and trichomoniasis are transmitted by infected secretion (fluid discharges). STDs like genital herpes, syphilis, and HPV are usually transmitted by contact with skin or mucosal surfaces.

### Prevention

- “ Always use a condom when having sexual contact
- “ Know your partner and talk to your partner about risks
- “ Limit your partners - more partners means a greater chance of getting an STD
- “ Look for any signs of sores or discharge that may be a problem
- “ Get tested and get regular health check-ups

## Types of STDs:

### **Pubic Lice (crabs)**

#### Female Symptoms:

Redness and itching around the genitals.

#### Male Symptoms:

Redness and itching around the genitals.

#### Treatment:

Both partners treated with medication.

### **Trichomoniasis**

#### Female Symptoms:

Heavy, greenish-yellow frothy discharge and pain when urinating.

#### Male Symptoms:

Do not usually have symptoms.

#### Treatment:

Antibiotics for both partners.

### **Chlamydia**

#### Female Symptoms:

No symptoms or pain when urinating.

Itching, yellow discharge, bleeding between periods, or pain in lower abdomen.

#### Male Symptoms:

Burning when urinating and milky discharge from the penis. Can cause painful swelling of the scrotum.

#### Treatment:

Antibiotics for both partners - if not treated can cause infertility in women.

Types of STDs (cont.)

### **Syphilis**

Female Symptoms:

Red painless sore on vagina, tongue or throat

Glands near the sore may be swollen After a few months can cause fever, sore throat, headache, or pain in joints. Can cause scaly rash on palms hands or soles of feet.

Male Symptoms:

Same as Female

Treatment:

Antibiotics for both partners- can cause serious health problems if not treated.

### **HIV (cause of AIDS)**

Female Symptoms:

Makes body's immune system weak so it can't fight disease Symptoms may take years to develop but may first include infections, feeling tired for no reason, and night sweats.

Male Symptoms:

Same as Female

Treatment:

No cure, but infection can be slowed down and symptoms can be treated with medication.

Types of STDs (cont.)

## **Herpes**

Female Symptoms:

Tingling, pain, itching or small blisters around the vagina Blisters break open and produce burning feeling. Pain when urinating. Swollen glands, fever and body aches. Symptoms can stop and can come back.

Male Symptoms:

Same as Female.

Treatment:

Antibiotics for both partners - if not treated can cause infertility in women.

## **Gonorrhea**

Female Symptoms:

There may be no symptoms or white, green or yellow vaginal discharge, pain when urinating, bleeding between periods, heavy bleeding during period or fever. Sore throat if oral sex.

Male Symptoms:

Thick, yellow discharge from the penis and pain when urinating  
Opening of the penis may be sore. Sore throat if oral sex.

Treatment:

Antibiotics for both partners - can cause serious health problems if not treated.

Types of STDs (cont.)

### **HPV/Genital Warts**

Female Symptoms:

Warts in or around vagina, cervix or rectum - can be inside the body so you can't see them or on the outside but too small to see

The warts usually don't hurt.

Male Symptoms:

Warts in or around penis or rectum

Can be outside the body, but too small to see. The warts usually don't hurt.

Treatment:

No cure but can remove warts -

if not treated, warts on cervix or in vagina can lead to cancer