

The best way to prevent an STI is to avoid any sexual contact (abstinence).

If you have decided to be active sexually, your risk can be reduced by:

- Have sex with only one person (if that person is only having sex with you)
- ALWAYS use a condom
- Use the condom correctly
- Talk to your partner

Your risk of an STI is increased:

- The younger you are when you have sex for the first time.
- The more sex partners you have over a lifetime.
- If you use alcohol or drugs; poor decision making is likely.

If you are sexually active:

- **Have STI checkups**, even if there are no symptoms (this is especially important if you are having sex with a new person).
- **Get medical attention immediately**, if you have any symptoms. Make sure your doctor knows you want an STI checkup (without this information, a doctor may not know what tests are necessary).
- **Women should avoid douching** as it removes some of the natural protection in the vagina and increases the risk of catching disease.
- **Notify all sex partners** if you become infected so they can be checked and treated if necessary.
- **Avoid any sexual activity** while being treated for an STI.
- **Avoid sex** with an untreated partner.
- **Take all medication** and follow all orders from your doctor.

STI? STD?

Who, Me?

Whether you call it VD, STD or STI, it all means the same thing: Sexually Transmitted Infection and Disease passed from one person to another during oral, anal or vaginal sex.

STIs can cause cancer, other life-threatening illnesses or even death. If you are pregnant, STIs can complicate delivery and/or cause your baby to be born with physical or mental defects. STIs can make you sterile – unable to ever have a baby.

Most STIs are treatable and curable – all are preventable. Early treatment is the next best thing to never getting the STI in the first place. Not being treated could change your life forever.

Where can you go for testing and treatment?

- Your private medical doctor
- Any acute hospital or medical care center
- NEW Community Clinic – 622 Bodart Street – (920)437-9773
- NEW Community Clinic – NWTC – (920)498-5436
- Planned Parenthood – (920) 432-4901
- NEWCAP Family Planning – (920)430-1350
- Oneida Community Health Center (Native Americans Only) – (920)869-2711
- Online Computer Partner Notification www.inspot.org



Persons depicted in these materials are models and used for illustrative purposes only.

STI

Sexually Transmitted Infections

FACTS



Please call your local public health agency for more information:

- Brown County Public Health Division (920) 448-6400
- De Pere Health Department (920) 339-4054



(You do NOT need to give your name when you call)

SEXUALLY TRANSMITTED INFECTIONS
The 10 Most Common STI's (there are at least 50 others)

Disease	Possible Signs in Men	Possible Signs in Women	Additional Information and Complications
Gonorrhea ("Clap"/"GC")	2-30 days after exposure: <ul style="list-style-type: none"> • Pus-like discharge from penis • Pain on urination • More frequent urination • Sore throat from oral sex with an infected partner <p align="center">BUT THERE MAY BE NO SYMPTOMS</p>	<ul style="list-style-type: none"> • Abnormal vaginal discharge • Lower abdominal pain • Painful urination • Sore throat from oral sex with an infected partner <p align="center">BUT THERE MAY BE NO SYMPTOMS</p>	<p>MEN: Infection in the testicles, prostate gland, joints, skin and rarely the blood & linings of the heart and brain; sterility</p> <p>WOMEN: PID (Pelvic Inflammatory Disease) – Infections of the uterine lining, fallopian tubes, ovaries, abdominal lining. This may result in tubal damage, tubal pregnancy and sterility. Infections in the joints, skin and rarely the blood & linings of the heart and brain.</p> <p>BABY: Premature birth; eye infection with possible blindness and a life-threatening blood infection developing at the time of vaginal delivery</p>
Syphilis ("Syph"/"Pox"/"Bad Blood")	10-90 days after sex: <ul style="list-style-type: none"> • A painless open sore at site where the infection enters the body (Chancre); common sites are penis, anus or mouth <p><i>Followed 1-2 months later by:</i></p> <ul style="list-style-type: none"> • Rashes almost anywhere on the body • Loss of body hair (usually the scalp) in patches • Wart like growths in the moist genital areas 	<ul style="list-style-type: none"> • A painless open sore at site where the infection enters of body; (Chancre); common sites are vagina, labia, mouth or anus <p><i>Followed by:</i></p> <ul style="list-style-type: none"> • Rashes almost anywhere on the body • Loss of body hair (usually the scalp) in patches • Wart like growths in the moist genital areas 	<p>May result in damage to skin, internal organs (especially heart, brain and nervous system) leading to blindness, paralysis, insanity and death.</p> <p>An infected pregnant woman may pass syphilis to her unborn child causing birth defects or infant death.</p>
Genital Herpes (Herpes Simplex)	<ul style="list-style-type: none"> • Painful, small blister-like fluid-filled sore or cluster of sores in the genital area 2-10 days after exposure • Lymph glands in the groin area may be swollen • Fever, aching • Genital itching • Virus stays in the body 	<ul style="list-style-type: none"> • Painful, small blister-like fluid-filled sore or cluster of sores in the genital area 2-10 days after exposure • Lymph glands in the groin area may be swollen • Fever, aching • Genital itching • Vaginal discharge • Virus stays in the body 	<p>Although the infection can stay in the body indefinitely, the number of outbreaks tends to decrease over a period of years.</p> <p>Typically, another outbreak can appear weeks or months after the first, but it almost always is less severe and shorter. Medication is available that can prevent outbreaks while taking the medication. Daily use can reduce transmission to partners.</p> <p>Genital HSV can cause potentially fatal infections in babies. It is important that women avoid contracting herpes during pregnancy. Fortunately, infection of a baby is rare. If a woman has an active infection at delivery, the baby is usually delivered by cesarean section.</p>
Trichomoniasis (Trich)	<ul style="list-style-type: none"> • Most men do not have symptoms • Irritation inside the penis • Mild discharge or slight burning after urination or ejaculation 	<ul style="list-style-type: none"> • Often a frothy, yellow-green vaginal discharge with a strong odor • It may cause discomfort & itching during intercourse and urination • Irritation and itching of genitals • Rarely, lower abdominal pain 	<p>Symptoms usually appear in women within 5 to 28 days of exposure.</p> <p>BABY: Premature birth, low birth weight (less than 5 pounds)</p>
Pubic Lice (Crabs)	<ul style="list-style-type: none"> • Takes 2 or more weeks to develop By this time the infestation is well established • Itching – sometimes severe 	<ul style="list-style-type: none"> • Takes 2 or more weeks to develop By this time the infestation is well established • Itching – sometimes severe 	<p>If left untreated you become a breeding ground for crabs and spread them.</p> <p>Skin irritation or infections from scratching the bites – the itching can become unbearable.</p> <p>Over the counter treatments are available but don't always work. Stronger medicines are available by prescription and must be used exactly as directed to be safe and most effective.</p> <p>Surroundings and personal items must be treated. Rechecks are recommended since some crabs are resistant.</p>
HPV Human Papillomavirus (Genital Warts/Venereal Warts)	<ul style="list-style-type: none"> • Soft, moist, pink or flesh-colored swellings, usually in the genital area; they can be raised, flat, singular, multiple, large, small or cauliflower shaped • Usually painless • Often erupt on the anus, penis, scrotum, groin or thigh • Virus stays in the body <p align="center">FREQUENTLY NO SYMPTOMS</p>	<ul style="list-style-type: none"> • Soft, moist, pink or flesh-colored swellings, usually in the genital area; they can be raised, flat, singular, multiple, large, small or cauliflower shaped • Usually painless • Often erupt on the anus, vagina, cervix, groin or thigh • Virus stays in the body <p align="center">FREQUENTLY NO SYMPTOMS</p>	<p>HPV is the name of a group of viruses that included more than 100 different types, 30 of these viruses are sexually spread.</p> <p>Most people who become infected with HPV will not have any symptoms and will clear the infection on their own. It may cause abnormal Pap tests and lead to cancer of the cervix, vulva, vagina, anus or penis.</p> <p>Rarely a pregnant woman can pass HPV to her baby during vaginal delivery. A baby that is exposed to HPV very rarely develops warts in the throat or voice box.</p> <p>There is now a vaccine that can protect women from the four strains that most commonly lead to cervical cancer or genital warts.</p>
HIV/AIDS	<ul style="list-style-type: none"> • Possible symptoms of an acute phase of HIV include flu-like symptoms (fever, headache, malaise, enlarged lymph nodes in the neck or groin) 1-2 months after infection. <p align="center">Following this, most people have no symptoms for years –</p> <ul style="list-style-type: none"> • The body's immune system usually weakens eventually and a person may develop other infections including certain pneumonias, several forms of cancer, nervous system damage, chronic yeast infections and extreme weight loss. <p align="center">THERE IS NO CURE</p>		<p>Having another STI increases your risk of developing HIV if exposed.</p> <p>HIV is transmitted through contact with infected body fluids such as blood, semen, vaginal secretions and breast milk; it is spread by sexual contact with an infected person and by sharing needles and/or syringes.</p> <p>Babies born to HIV-infected women may become infected before or during birth or through breastfeeding after birth. Very rarely, HIV is transmitted through transfusions of infected blood or blood clotting factors.</p>
Chlamydia	<ul style="list-style-type: none"> • Discharge from penis • Burning and itching at the opening of the penis • Symptoms may come and go <p align="center">BUT THERE MAY BE NO SYMPTOMS</p>	<ul style="list-style-type: none"> • Discharge from vagina • Vaginal itching • Chronic abdominal pain • Low grade fever <p align="center">BUT THERE MAY BE NO SYMPTOMS</p>	<p>If untreated, chlamydial infections can progress to serious reproductive and other health problems with both short-term and long-term consequences.</p> <p>MEN: Infection sometimes spreads to the epididymis (a tube that carries sperm from the testes) causing pain, fever and sterility.</p> <p>WOMEN: PID (Pelvic Inflammatory Disease), severe abdominal pain, chronic pelvic pain, infertility, miscarriage, tubal pregnancy.</p> <p>BABY: Premature birth, low birth weight</p>
Bacterial Vaginosis (BV)	<ul style="list-style-type: none"> • Rarely bothers men 	<ul style="list-style-type: none"> • BV is sometimes accompanied by discharge, fish odor, pain, itching or burning 	<p>The vagina normally contains mostly "good" bacteria and fewer "harmful" bacteria; BV develops when there is an increase in harmful bacteria.</p> <p>The cause is not known; however, there is an increased risk of BV with a new sex partner, multiple sex partners, douching or using an IUD for birth control.</p> <p>In most cases, BV causes no complications.</p> <p>BABY: Premature birth, low birth weight</p>
Hepatitis B	<ul style="list-style-type: none"> • Fatigue; abdominal pain; loss of appetite; nausea; vomiting; joint pain; yellowing of eyes and skin (jaundice) 		<p>May lead to lifelong infection, cirrhosis (scarring) of the liver, liver cancer, liver failure and death.</p> <p>Hepatitis B can also be caused by exposure to blood (such as through IV drugs use) and to other infected body fluids.</p> <p align="center">Vaccine is available for men and women to prevent infection.</p>