



# STI

# PREVENTION



A.K.A. protection that isn't about pregnancy

## Is there a difference between STIs and STDs?

Yes! Sexually Transmitted Infections (STIs) are usually thought of as short-term and curable, whereas Sexually Transmitted Diseases are thought of as long-term and incurable (like HIV or Herpes). However, even though STDs are considered "long-term," there are still ways to manage them and their symptoms, sometimes to the point that they are undetectable!

The other difference is that the term "STD" implies a negative stigma that has developed over time.

## How can I prevent transmitting or contracting an STI/STD?

**1 in 5** people in the US have an STI (about 68 million people)\*

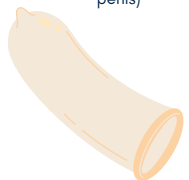


**Communication with sexual partner(s) is hugely important.**

- You must be transparent with your partner(s) if you have an STI.
- Offering your STI testing status first provides a less awkward opportunity for your partner(s) to open up and disclose theirs.

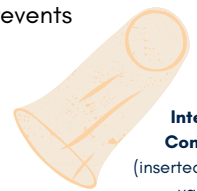


External Condom (worn on a penis)



**"Consistent and correct use of latex condoms can reduce (though not eliminate) the risk of STD transmission"\*** Barrier methods are, well, barriers. They physically create a barrier that prevents transmission, though skin to skin contact may still occur in the genital region.

- Internal condoms, external condoms, & dental dams
- 79-95% effective
- External condoms provide 90% protection against HIV and Hepatitis B virus



Internal Condom (inserted in a vagina)



**The only way to know for sure if you have an STI/STD is to get tested by a healthcare provider or via at-home testing.**

- Many STDs/STIs will not show symptoms—this is why many people go untested, undiagnosed, and untreated.
- When undiagnosed and untreated, STIs can have serious side effects, like infertility, chronic pain, scarring, etc.
- If you're sexually active you should be tested after unprotected sex and/or regularly.

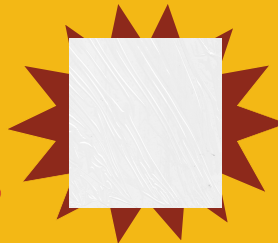
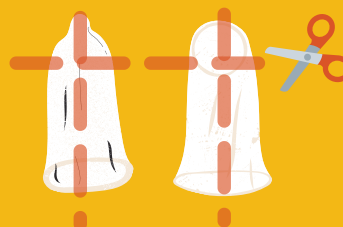


**Not all STIs/STDs are curable, but all are treatable and manageable.**

- Antibiotics cure bacterial infections (gonorrhea, chlamydia, syphilis, bacterial vaginosis).
- Antifungals treat fungal infections like yeast infections.
- Parasitic infections are curable.
- Viral infections are not curable, but can be easily managed with medications. (Ex: HIV, herpes (HSV), HPV, Hepatitis B)

## DENTAL DAMS

Make a dental dam from a condom!



1. Unroll
2. Cut the tip of the condom off
3. Cut the condom lengthwise

\*CDC