

Sexually transmitted infections (STIs) are a **major health concern**

- About 85% of all STIs occur in people between the ages of 15 and 30.
- STIs are passed from person to person during sexual contact: vaginal, oral, or anal.
- Infected pregnant individuals can pass STIs to their babies. The most serious STIs for babies are: syphilis, herpes, HIV/AIDS, and to a lesser extent gonorrhea and Chlamydia.

BUT, you can prevent them!

People who have sex, especially with different partners, need to be alert for **STI symptoms**. Common STI symptoms are:

- 1) genital discharge;
- 2) genital sores or bumps;
- 3) abdominal pain (especially women);
- 4) pain or discomfort during urination;
- 5) rash or sores on skin;
- 6) genital itching.

Some people will have NO symptoms when they have an STI. Most STIs can be passed when symptoms are not present.

People who notice STI symptoms should:

- 1) abstain from sex;
- 2) go to a doctor or clinic;
- 3) refer sex partners to a doctor or clinic.

STI testing and treatment are available from: 1) STI clinics; 2) private doctors; 3) family planning clinics; 4) hospitals.

STI exams and treatment are strictly confidential.

In all states, minors can get STI treatment without parental consent.

To schedule an appointment at Coos Health & Wellness call (541) 751-2400.

The best way of stopping the spread of STIs is by being responsible for your own health and the health of any sex partner(s).

Prevention

(How to avoid giving/getting STIs)

USE CONDOMS

Condoms, used correctly and consistently when having sex are effective in preventing the spread of STIs. Condoms are recommended for vaginal, oral, and anal sex. There are both external and internal options for condoms.

Use a condom every time you have sex to avoid getting an STI.

PARTNER SELECTION

Limit partners. Having sex with only one person drastically reduces the chance of infection. If your sex partner limits sex to only you, your chances of infection are further reduced. Get regular check-ups when you have new or more partners.

PARTNER COMMUNICATION

Being open about your concerns helps protect both of you. Always notify your sex partner(s) if you know you have an infection. Getting tested with your partner makes it easier for some couples.

PARTNER EXAMINATION

Look at your genitals and your partner's genitals before having sexual contact. Look for discharge or skin lesions or rash.

PARTNER TREATMENT

If you have an infection, notify your partner(s) and don't have sex until both of you are treated.

ABSTINENCE

Don't have sex when you are being treated for an STI. You should also abstain if you have a suspicious genital discharge, rash, sores, etc. Other than solo sex, not having sex is the surest way to avoid STIs in the first place.

OTHER

Pregnancy prevention methods such as birth control pills, implants, and injections **do not prevent STIs. Use a condom!**

Vaccinations are available to prevent hepatitis B and some types of human papillomavirus (HPV). Ask your doctor or clinic.

GET THE FACTS:

Sexually Transmitted Infections & Prevention Options

Chlamydia • Gonorrhea
Herpes Simplex I & II • Syphilis
HPV/Genital Warts • Hepatitis B
HIV/AIDS • Trichomoniasis •
Pubic Lice



281 LaClair St
Coos Bay, OR 97420
541-266-6700

INFECTION	1ST SYMPTOMS	TYPICAL SYMPTOMS	HOW ACQUIRED	DIAGNOSIS	TREATMENT	COMPLICATIONS
CHLAMYDIA Cause: bacteria	7-21 days	Discharge from genitals or rectum. Frequently no symptoms in males or females	Direct contact with infected mucus membrane (genitals, rectum, mouth, eye).	Lab test of specimen from urethra, cervix or other site.	Curable with appropriate antibiotics.	Women: Pelvic inflammatory disease (PID), sterility, tubal pregnancy, surgery, Men: Sterility. Newborns: Pneumonia. Eye infections (blindness)
GONORRHEA (clap, drip, dose) Cause: bacteria	2-10 days	Discharge from genitals or rectum. Pain when urinating. Frequently no symptoms in females.	Direct contact with infected mucus membrane (genitals, rectum, mouth, eye).	Lab test of specimen from urethra, cervix, or other site.	Curable with appropriate antibiotics.	Women: PID, sterility, tubal pregnancy, surgery. Men: sterility. Newborns: Eye infections (blindness).
HERPES SIMPLEX I & II (Herpes, cold sore, fever blister) Cause: Virus	2-20 days	Painful blisters/sores on genitals or mouth. Fever, malaise, swollen lymph glands.	Direct contact with infected area.	Physical exam, specific blood test, and other lab tests.	No cure. Symptoms treatable with oral medications.	Recurrent outbreaks, eye infections. Newborns: Brain damage, death.
SYPHILIS (syph, bad blood, pox) Cause: bacteria	10-90 days	1st stage: painless sore on genitals, mouth, or anus. 2nd stage: diffuse rash, malaise, patchy hair loss.	Direct contact with infected area.	Physical exam, specific blood test, and other lab tests.	Curable with appropriate antibiotics.	Late stage: brain damage, heart failure, death. Newborn: tissue or organ damage, death.
HUMAN PAPILOMAVIRUS (HPV, Genital warts) Cause: virus	30-90 days (in some cases, weeks or months)	Bumpy or spiked skin growths on genitals, anus, mouth. There may be no symptoms.	Intimate contact with infected person.	Physical exam, Pap smear, other lab tests.	Warts treated by freezing, laser, and surgery. Vaccine available for certain HPV types.	Certain types of HPV are related to cervical, penile, and rectal cancers.
HIV/AIDS Cause: Human immunodeficiency virus	HIV: months AIDS: years	HIV: fever, flu-like symptoms AIDS: recurrent infections, weight loss	Sexual contact or shared needles with infected person. Babies can get HIV from infected mom.	Various blood tests and physical exam.	No cure. Early diagnosis and treatment improves health status.	Can be fatal. Reactions to treatment drugs may be severe.
HEPATITIS B (serum hepatitis) Cause: virus	60-90 days	Yellow skin and eyes, dark urine, malaise, weight loss.	Sexual contact or shared needles with infected person. Human bite.	Physical exam, blood tests.	Vaccine prevents hepatitis infection. Symptoms treatable.	Liver cancer, cirrhosis, chronic hepatitis, death. Newborns: Infection.
TRICHOMONIASIS (trich, vaginitis) Cause: protozoan	7-30 days	Women: vaginal discharge, itching, burning. Men: usually no symptoms.	Sexual contact with infected person. Rarely acquired without sexual contact.	Microscopic exam of discharge, culture.	Curable with appropriate medications (oral, some topical).	Urinary tract infection. May increase risk of other infections.
PUBIC LICE (crabs, cooties, pediculosis) Cause: insect, louse	5-30 days	Itching tiny eggs (nits) on pubic hair.	Direct contact with infested person or their bedding or clothing.	Louse visible on skin.	Curable with proper medicated products	Complications rare. Allergy to insect bites.