

STDs

Sexually Transmitted Diseases



Think
You're

Not
At Risk?



Think
Again.



What are **STDs**?

STDs are serious infections that you can get by having sex with someone who has an STD. Not all STDs have symptoms. People may not even know they have one.

There are many kinds of STDs. Some common ones are herpes, genital warts, gonorrhea, chlamydia, and HIV (the virus that causes AIDS).

Not having sex is the only sure way to protect yourself from getting an STD.

YOU
can
get an STD
if you
have
SEX.

- You can get an STD by having sexual contact with a penis, vagina, mouth, or anus.
- You can also get an STD when you kiss, touch, or rub those parts.
- You can get an STD from having sex one time.
- You can get more than one STD at a time.



The good news is: STDs are **PREVENTABLE**

CONDOMS

provide protection against STDs, like HIV and chlamydia, that are spread through the exchange of body fluids.



They are not as effective against STDs, like herpes and genital warts, that are spread through skin-to-skin contact.

Limit Your Risk

Here's what you can do to reduce your risk of getting an STD.

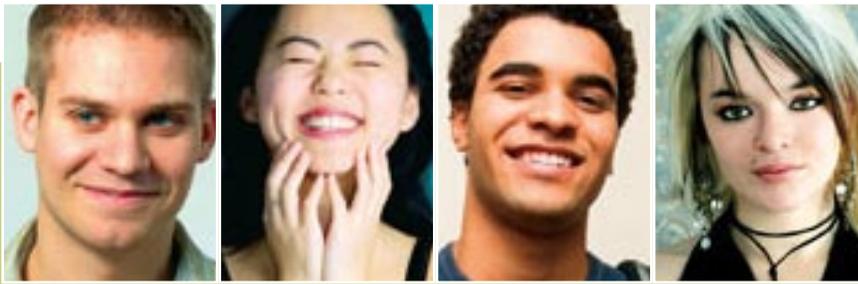
- * Use a latex or polyurethane condom for each act of oral, vaginal, and anal sex.
- * Limit the number of sexual partners you have.
- * Talk with your sexual partner(s) about STDs and using protection.
- * Know your partner's sexual history.
- * Get tested for STDs before having sex with a new partner. Why not go together and both get tested?
- * Have sex with only one person who only has sex with you.



Remember: Many STDs have NO symptoms. Even if you don't have any symptoms... you could still have an STD.

WARNING SIGNS If you or your partner are having any of these signs, get checked:

- Pain or burning while peeing
- Sores, warts, blisters, swellings, bumps, or a rash on or around the penis, vagina, or anus (these may or may not be painful)
- Unusual discharge or strange smell coming from the vagina or penis
- Burning, pain, or itching in or around the vagina, penis, or anus
- Pain during sex or unexplained bleeding



Have you been exposed to an **STD?**

- Get tested. Get treated.
- Make sure your sexual partner(s) get tested and treated.
- Don't have sex again until you finish treatment and/or your medical provider says it's ok.

If you don't **GET TREATED:** (!)

- The symptoms could get worse.
- The symptoms could go away – but you still have the STD and can give it to others.
- The STD could cause damage that would make it difficult for you to have children in the future.

(!) Remember: Many STDs have **NO** symptoms. Even if you don't have any symptoms... you could still have an STD.



Talk to your health care provider

The amount that you are charged for services and supplies at Family Planning health centers is based on your household income.



**call toll free
877-326-2345**

Get Tested. Get Treated.



call toll free

877-326-2345

**To be automatically
connected with
the Family Planning
Health Center
nearest you.**



or go online

mainefamilyplanning.org

**To get more
detailed
information
about STDs.**



Family Planning Association of Maine in partnership with the Maine Center for Disease Control and Prevention/ Teen and Young Adult Health Program and the US Department of Health and Human Services support the Maine Family Planning Outreach Program and funded this publication. March 2006