

Be Aware!



Many STIs are asymptomatic (show no signs of infection). This is why it is so important to have regular check-ups and to be tested after having sex with a new partner.

Having no symptoms can prevent a person from being tested and can lead to serious health issues such as:

- Pelvic inflammatory disease
- Infertility in both men and women
- Complications during pregnancy

If you have an STI

- **Tell your partner(s)!** To prevent your partner from spreading an STI to others or back to you they must get tested and treated as well.
- **Wait to have Sex.** Ask your provider how long after treatment you must wait to have sex.
- **Take all of your prescribed medication as instructed.**

Confidential Testing & Treatment

How am I tested for STIs and HIV?

- The tests will involve giving a saliva, blood or urine sample or having a swab taken from inside the vagina or the tip of the penis depending on what test is being done. STI tests are not painful. They may be a little uncomfortable, but only for a short time.

Where do I get tested?

- Clinton County Health Department
Free clinic offered at:
Planned Parenthood of the North Country
New York
66 Brinkerhoff Street
Plattsburgh, NY 12901
518-561-4430
www.plannedparenthood.org/adirondack
- AIDS Council of Northeastern NY
202 Cornelia Street
Plattsburgh, NY 12901
518-563-2437
<http://www.aidsCouncil.org/contact/>
- Also see your private provider or school health center.



Public Health
Prevent. Promote. Protect.

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What Everyone Should Know About Sexually Transmitted Infections



Clinton County Health Department

133 Margaret Street
Plattsburgh, NY 12901
518-565-4848
www.clintonhealth.org



What is an STI?

An STI (sexually transmitted infection) is an infection that is passed from one person to another through sexual contact. STIs can cause disease and even death.

- Some STIs infect only sexual and reproductive organs, but others (HIV, hepatitis B, syphilis) cause general body infections.
- STIs are spread through semen, vaginal fluids, oral secretions, and blood (Hepatitis B & HIV).
- An STI is spread during vaginal, anal, and oral sex. STIs infect warm moist areas such as: mouth, rectum, vagina, vulva, penis, and testes.



STIs

- Chlamydia
- Genital Warts (HPV)
- Gonorrhea
- Hepatitis B
- Herpes
- HIV/AIDS
- Syphilis
- Trichomoniasis

What Should You Watch For?

Women and Men:

- Sores, bumps or blisters near sex organs, rectum or mouth
- Burning and pain when you pee or have a bowel movement
- Need to pee often
- Itching around your sex organs
- A swelling or redness in your throat
- Flu-like feelings (fever, chills, aches)

Women:

- Unusual discharge or smell from vagina
- Pain in pelvic area
- Burning or itching around your vagina
- Bleeding from vagina that is not your regular period
- Pain deep inside your vagina when having sex

Men:

- A drip or discharge from your penis
- Pain when you pee



If you are experiencing any of these symptoms, stop having sex and see a doctor. Don't put it off, get checked now!

Protect Yourself!

- Not having sex, or having sex with only one uninfected partner is the best way to protect yourself.
- Use **latex condoms** with a water-based lubricant every time you have sex.
- **Look closely** at your partner and watch for signs (rash, sores, or abnormal discharge). If there is anything you see that worries you, do not have sex!
- Talk to your health care provider about vaccines that can help protect you from Hepatitis B and Human Papilloma Virus (HPV).

Get Tested

If You are a Woman:

You should be tested for STI's at least once a year if you are:

- 25 years or younger and you're having sex.
- Older than 25 and you're having sex with more than one partner or have a new sex partner

- Pregnant.

If You are a Man:

- See a doctor if you notice discharge or feel burning from your penis.
- History of unprotected sex.