

SEXUALLY TRANSMITTED INFECTIONS (STIs)

FLIPBOOK FOR COMMUNITY HEALTH WORKERS



TEXAS
Health and Human
Services

Texas Department of State
Health Services

This page intentionally left blank.

Introduction

Sexually Transmitted Infections (STIs) are on the rise in some areas, especially urban areas in Texas. Some of these infections can be cured if detected on time while others can only be treated because the infection will last a lifetime. Increasing awareness and knowledge of these STIs helps individuals make informed decisions about their relationships, behaviors, and future.

This flipbook is for Community Health Workers to use when educating their communities about Sexually Transmitted Diseases/Sexually Transmitted Infections (STDs/STIs). It covers the different kind of STIs, the possible symptoms for each and possible complications if left untreated. It also covers the importance of STI prevention, testing, treatment, and includes local resources.

How to use this flipbook



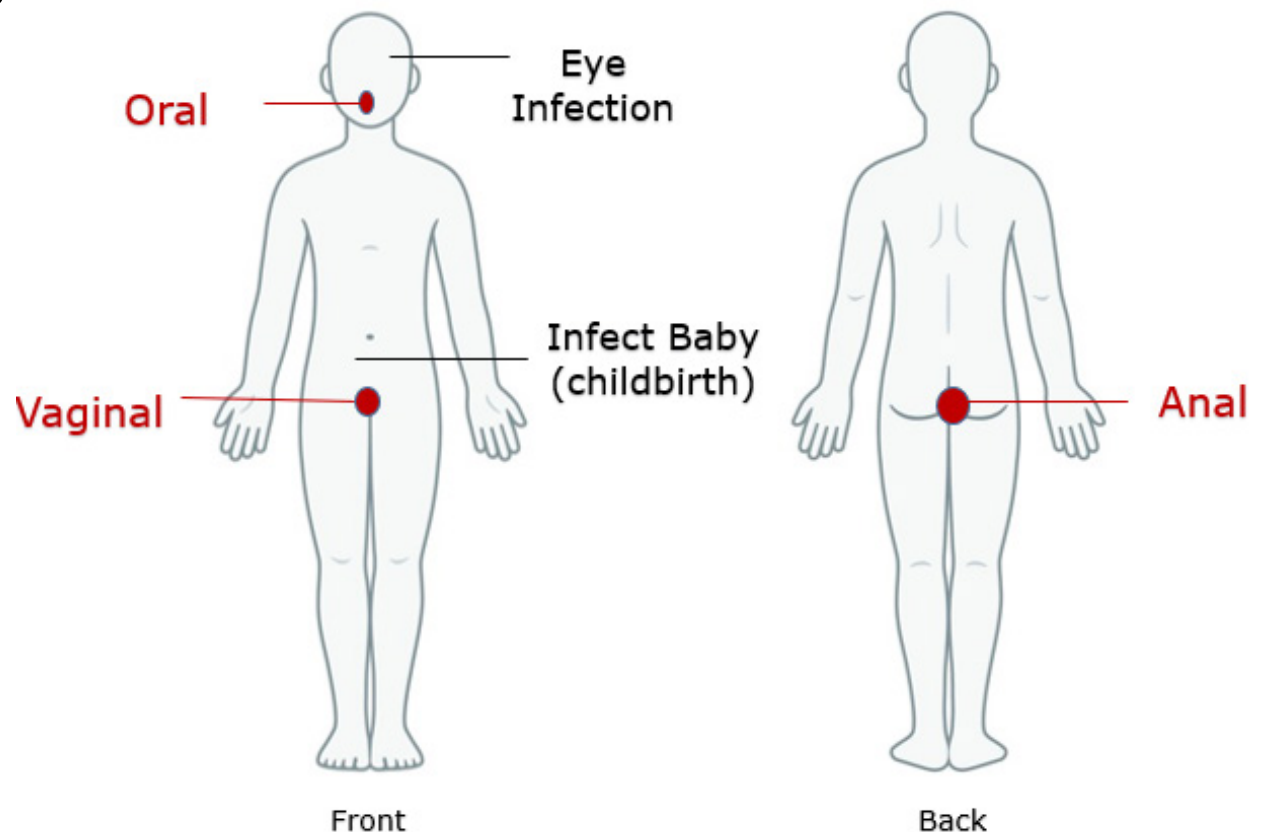
- Each page in the flipbook has two sides.
- Face the side with the star image ★ towards you (CHW) and use the content to guide your discussion.
- Face the opposite side toward the community member, which will help them follow your discussion.

1.0 Chlamydia

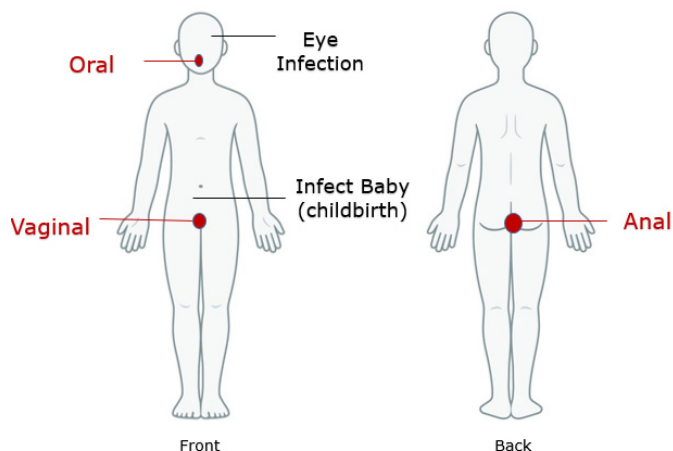
What is Chlamydia?

Chlamydia is a common, but curable bacterial STI that can cause infection among men and women.

How is it spread?



1.0 Chlamydia



What is Chlamydia?

Chlamydia is a common, but curable bacterial STI that can cause infection among men and women.

How is it spread?

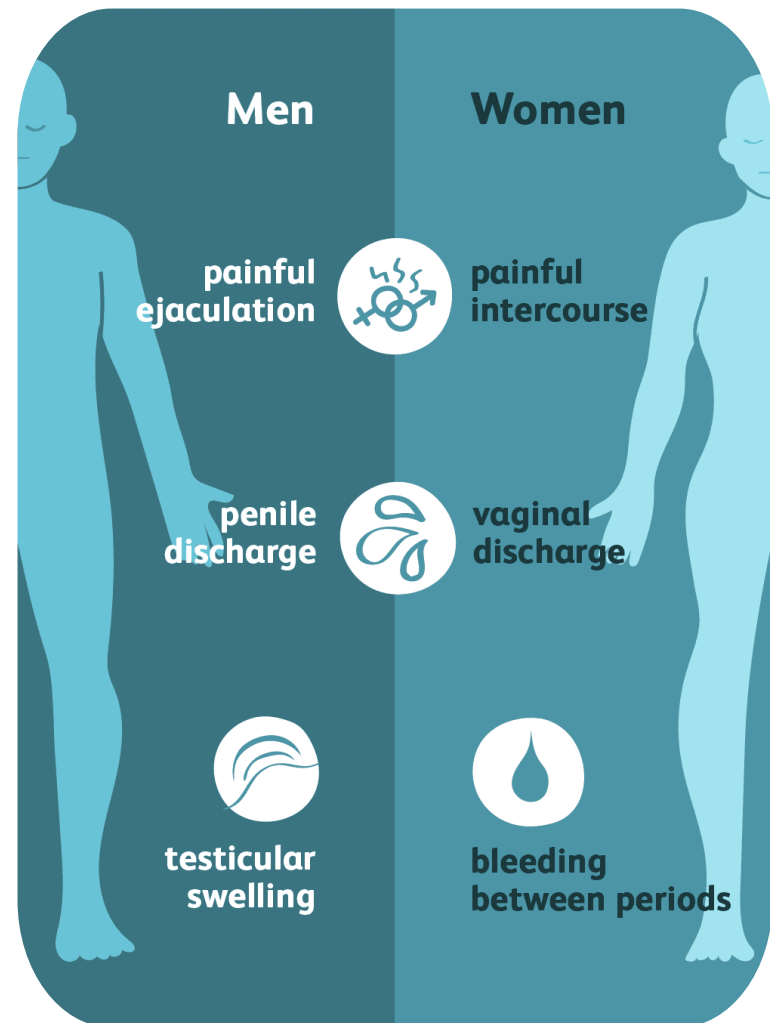
- By having oral, vagina, or anal sex with someone who has it.
- Eye infection can also occur through contact with genital secretions.
- Pregnant person with chlamydia can give the infection to their baby during childbirth.



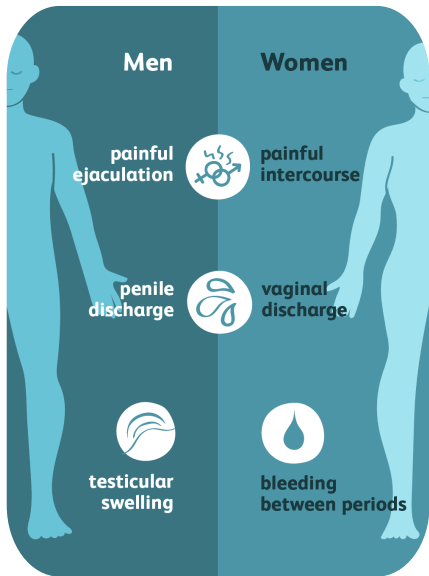
1.1 Symptoms of Chlamydia

Some people refer to chlamydia as a “silent” infection.

When symptoms do occur...



1.1 Symptoms of Chlamydia



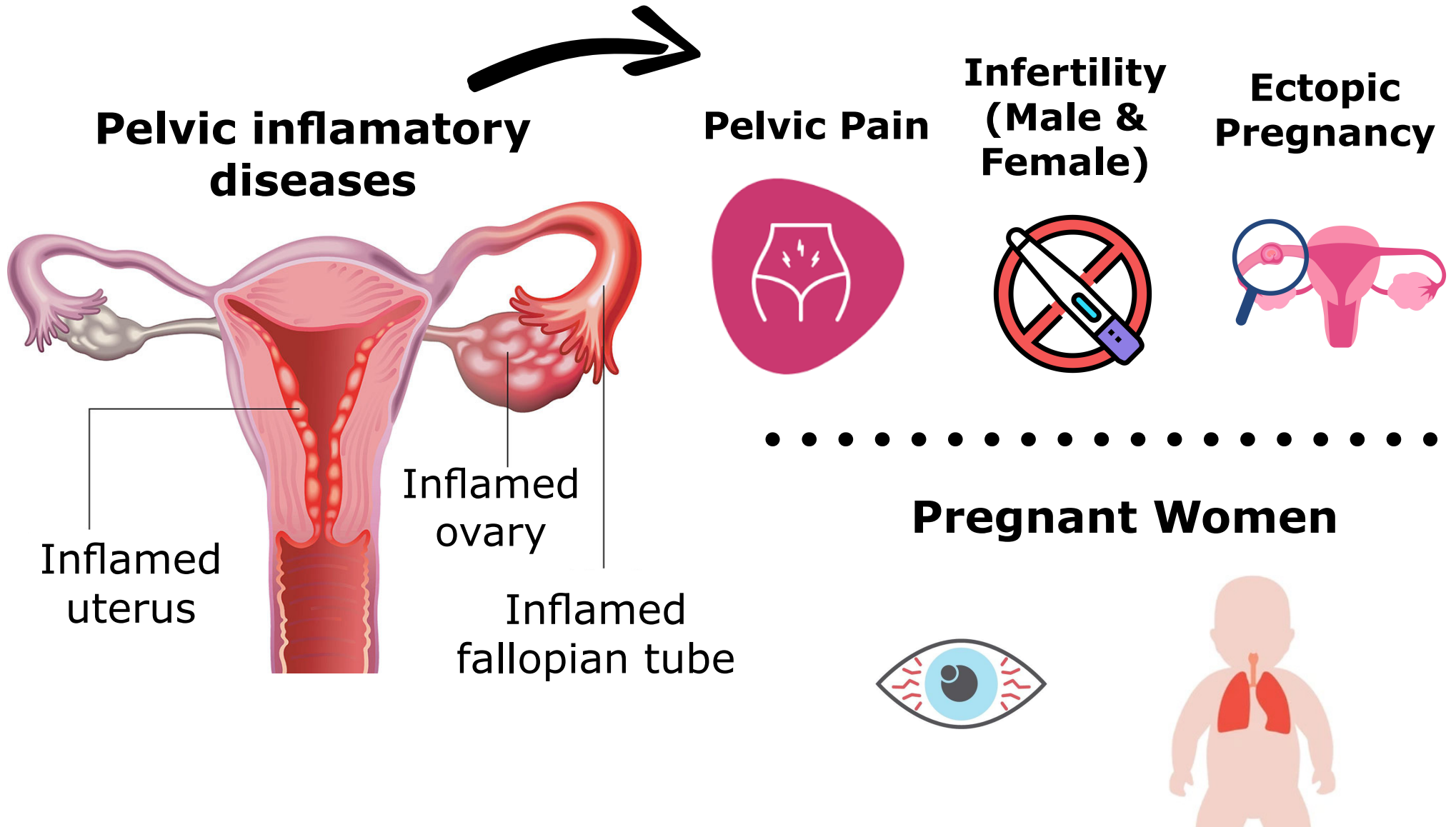
- Some people refer to chlamydia as a “silent” infection. This is because most people with the infection have no symptoms. When symptoms do occur:
 - Men may experience painful ejaculation, discharge from the penis, and testicular swelling.
 - Women may experience painful intercourse, abnormal vaginal discharge, and bleeding between periods.

Other symptoms:

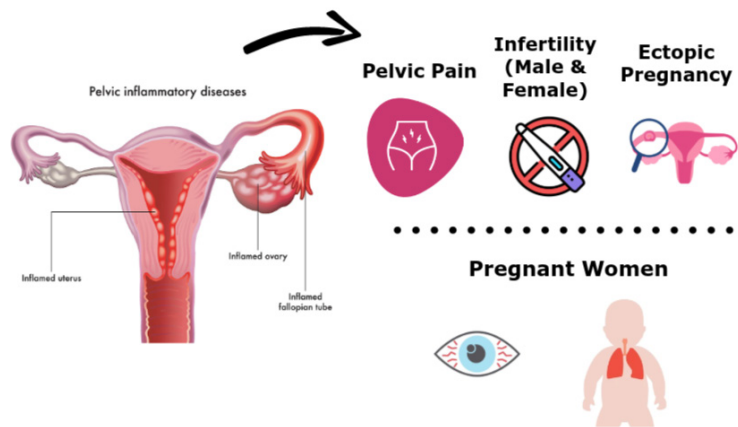
- Burning sensation when peeing (women and men)
- If anal sex: rectal pain, discharge, and bleeding may occur.



1.2 Complications of Chlamydia



1.2 Complications of Chlamydia



- If left untreated, women with chlamydia may experience Pelvic Inflammatory Disease (PID), that can cause long-term damage to the uterus, fallopian tubes, and surrounding tissues leading to chronic pelvic pain, infertility, and ectopic pregnancy (fatal pregnancy outside of the uterus).

- Pregnant women can give the infection to their baby during delivery. This can cause an eye infection or pneumonia in the baby. Having chlamydia may also make it more likely to deliver the baby early.

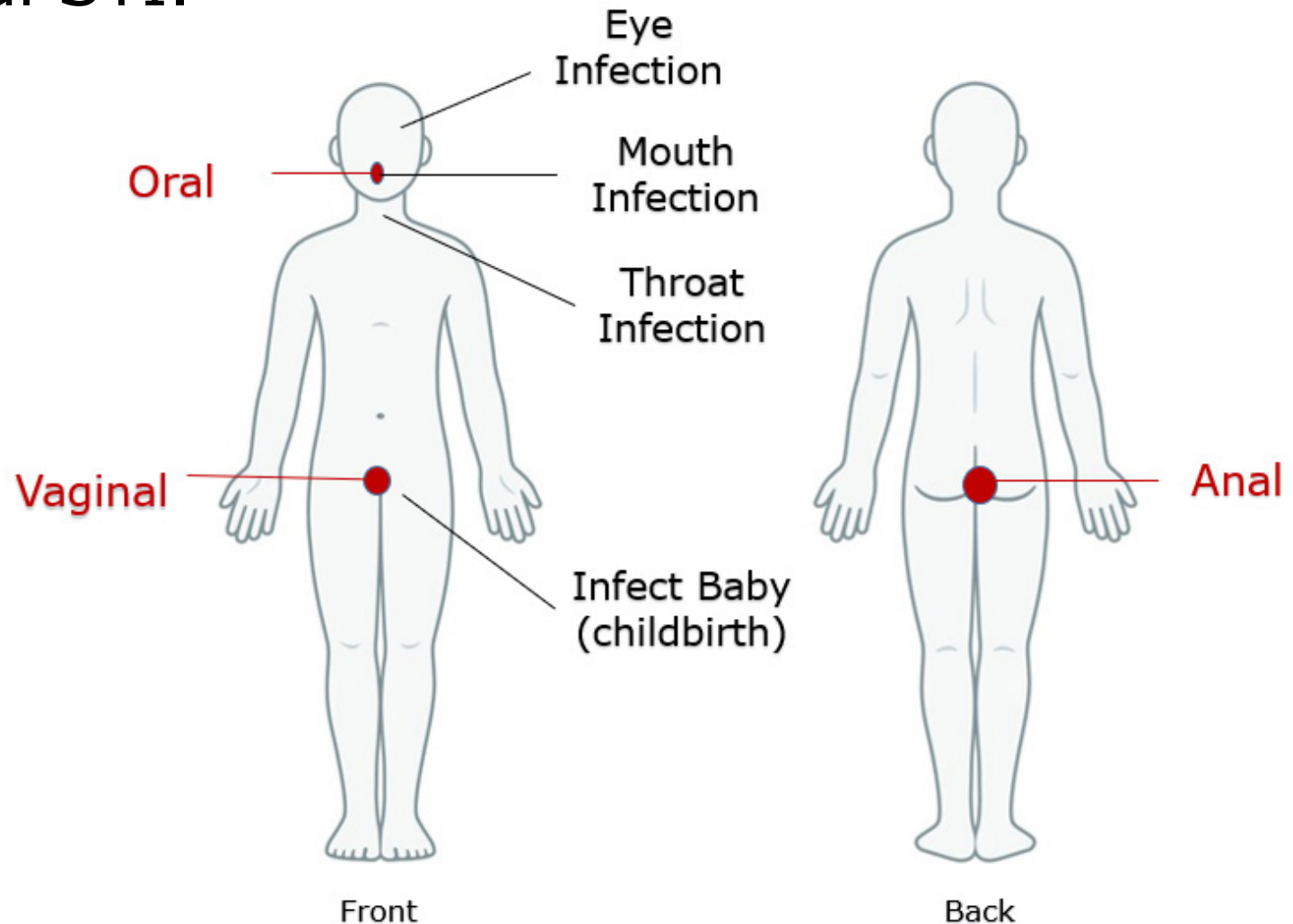


2.0 Gonorrhea

What is Gonorrhea?

Gonorrhea (also known as the "clap" or "drip") is a curable bacterial STI.

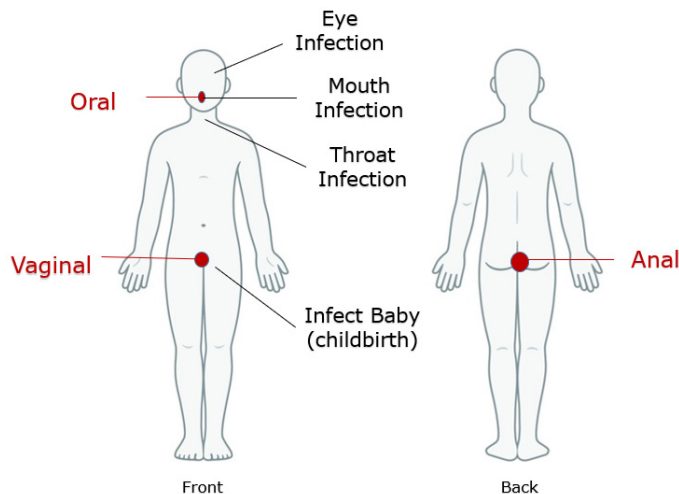
How is it spread?



2.0 Gonorrhea

What is Gonorrhea?

Gonorrhea (also known as the "clap" or "drip") is another curable bacterial STI that can cause infection among men and women.



How is it spread?

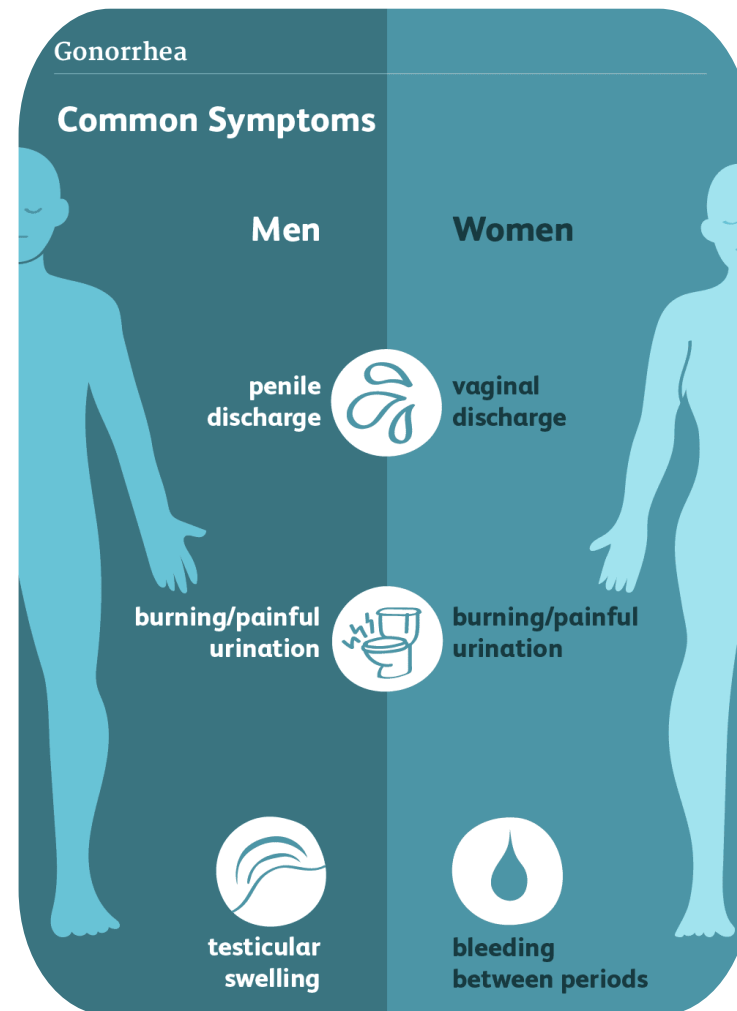
- Similar to chlamydia, gonorrhea spreads by having oral, vaginal, or anal sex with someone who has it.
- The bacteria can also infect the mouth, throat, and eyes.
- It can also spread from mother to baby during childbirth.



2.1. Symptoms of Gonorrhea

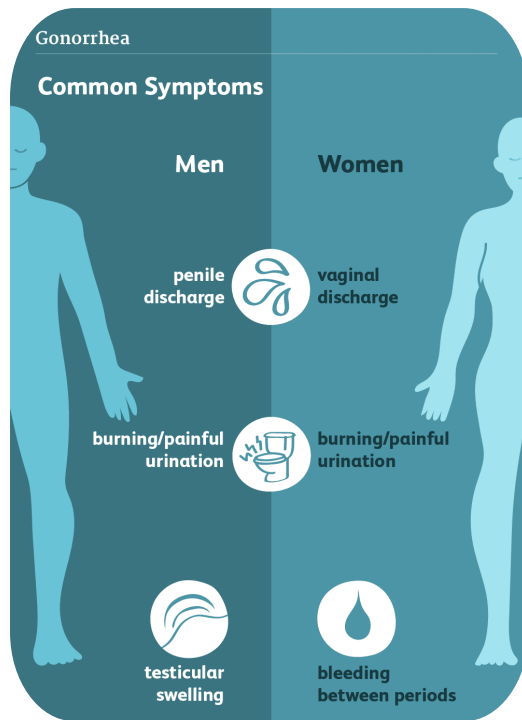
Gonorrhea often has no symptoms, but it can cause serious health problems, even without symptoms.

When symptoms do occur...



2.1. Symptoms of Gonorrhea

Gonorrhea often has no symptoms.
When symptoms do occur:



- Symptoms in women can include painful or burning sensation when peeing, increase in vaginal discharge, and vaginal bleeding between periods.
- Men may experience burning sensation when peeing, a white, yellow, or green discharge from the penis, and painful or swollen testicles.
- If anal sex: rectal discharge, anal itching, soreness, bleeding, and painful bowel movements may occur.

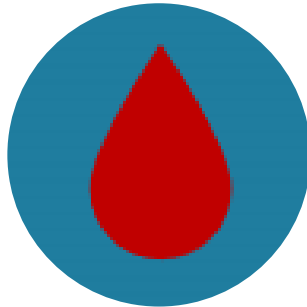


2.2. Complications of Gonorrhea

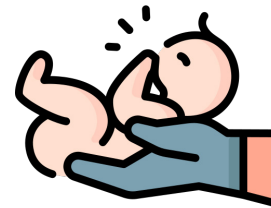
Pelvic Inflammatory Disease (PID)



Blood Condition



Pregnant Women

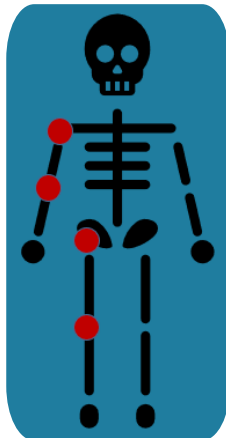


Delivery

Infertility



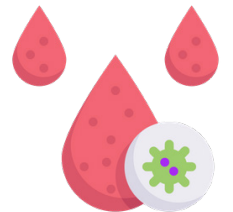
Joint Condition



Blindness



Joint Infection



Blood Infection

2.2. Complications of Gonorrhoea

If left untreated, women with gonorrhoea can have serious and permanent health problems.

Pelvic Inflammatory Disease (PID)



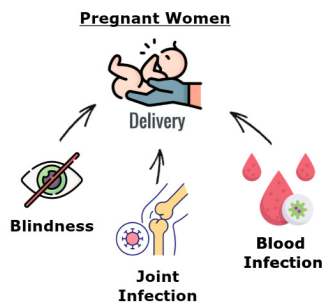
Infertility



Blood Condition



Joint Condition



- Women with gonorrhoea may experience Pelvic Inflammatory Disease (PID) (like chlamydia) leading to infertility, ectopic pregnancy, and long-term pelvic pain.
- In men, gonorrhoea can cause a painful condition in the tubes attached to the testicles, leading to possible infertility.
- Untreated gonorrhoea can even spread to the blood or joints, a life-threatening condition.

If pregnant, the woman can give the infection to her baby during delivery, which can cause blindness, joint infection, or a life-threatening blood infection in the baby.

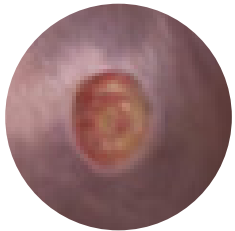


3.0 Syphilis

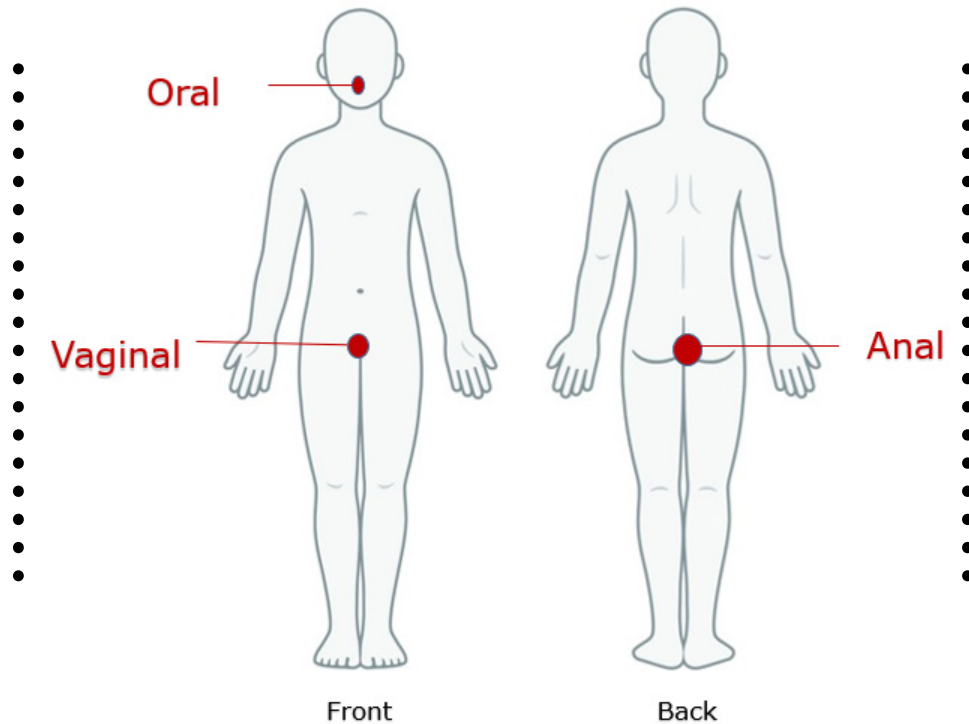
What is Syphilis?

Is a serious but curable bacterial STI that can cause long-term damage to the body when left untreated. Infection develops in stages (primary, secondary, latent, and tertiary).

How is it spread?



Syphilitic Sore
(chancre)



Pass to Unborn
Child

3.0 Syphilis

What is Syphilis?

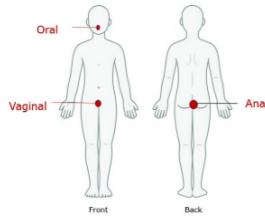
Is a serious but curable bacterial STI that can cause long-term damage to the body when left untreated.

Infection develops in stages (primary, secondary, latent, and tertiary).

How is it spread?



Syphilitic Sore
(chancre)



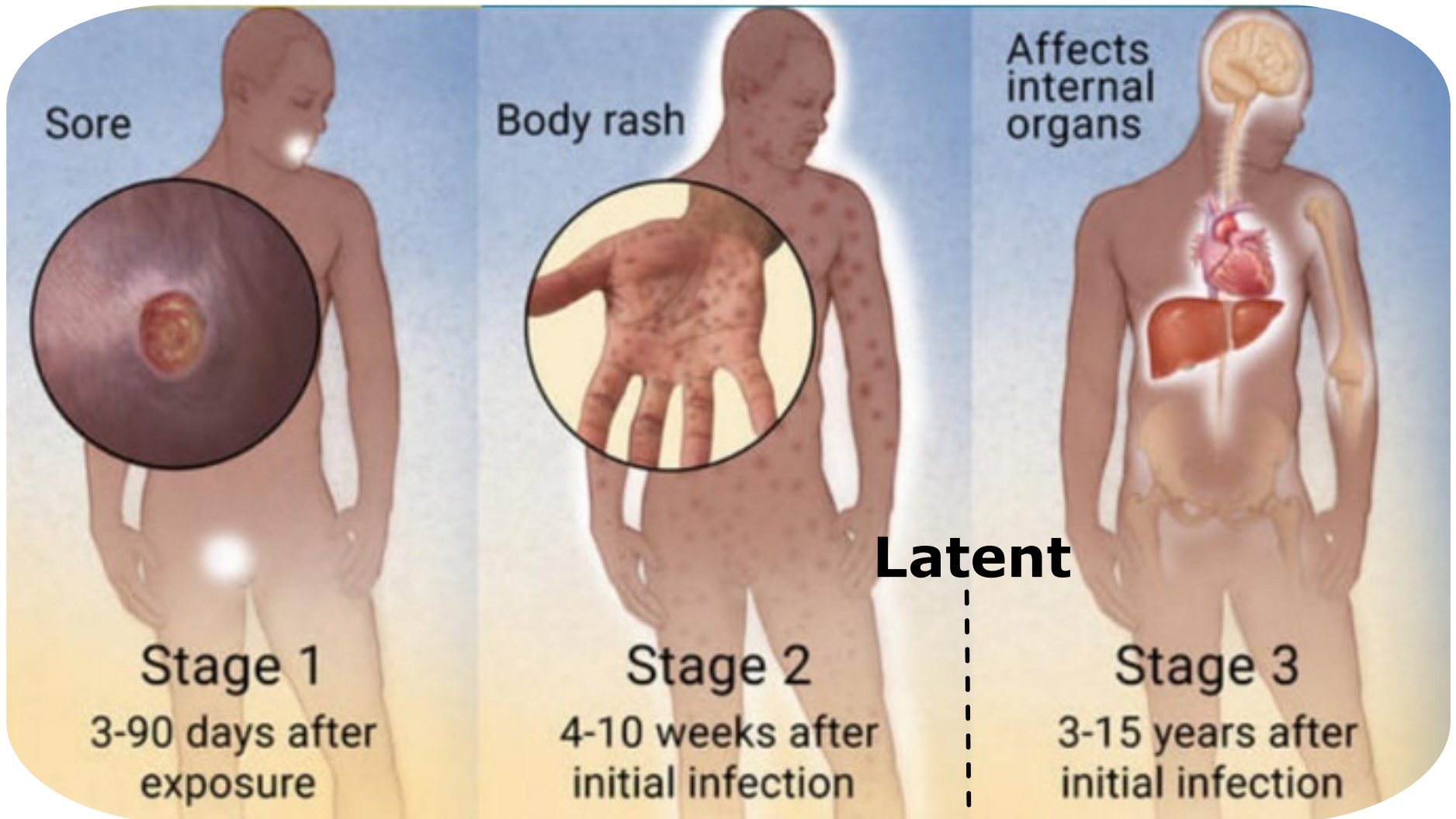
Pass to Unborn
Child

How is it spread?

- Syphilis spreads from person-to-person by direct contact with a syphilitic sore, known as a chancre.
- Syphilis can spread during vaginal, anal, or oral sex.
- Pregnant women with the disease can pass syphilis to their unborn child.



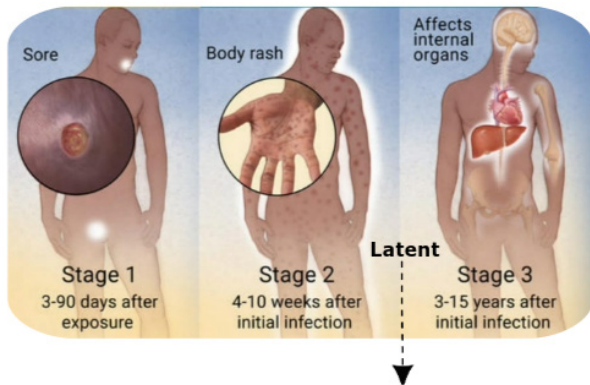
3.1 Symptoms of Syphilis



Latent Stage: No visible signs or symptoms.

3.1 Symptoms of Syphilis

If left untreated, syphilis progresses in stages. Each stage has different signs and symptoms. Many refer to syphilis as “The Great Pretender”, as its symptoms can look like many other diseases.



Latent Stage: No visible signs or symptoms.

First Stage: May notice single or multiple sores on the penis, vagina, anus, rectum, lips, or mouth.
Second Stage: May have skin rashes/and or sores on the palms of the hands or bottom of the feet.

Latent Stage: There are no visible signs or symptoms.

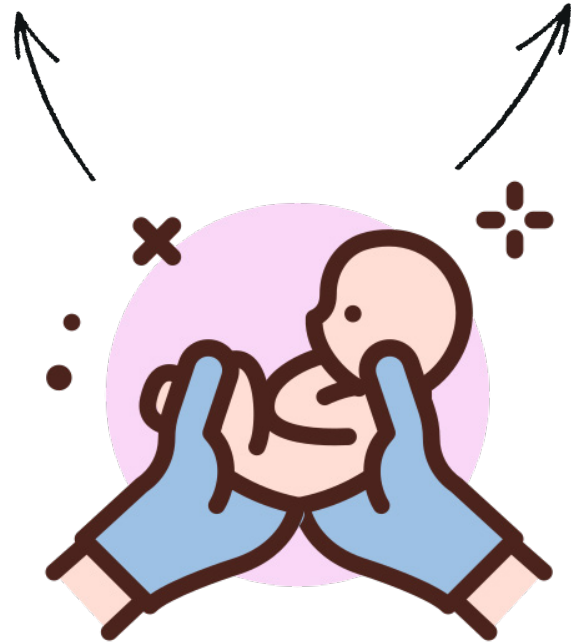
Tertiary Stage: Can damage internal parts and organ systems such as the brain, nervous system, eyes, ears, heart and blood vessels, liver, bones, and joints.



3.2 Complications of Syphilis

Developmental Delays

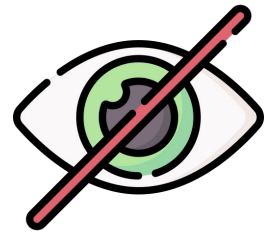
Seizures



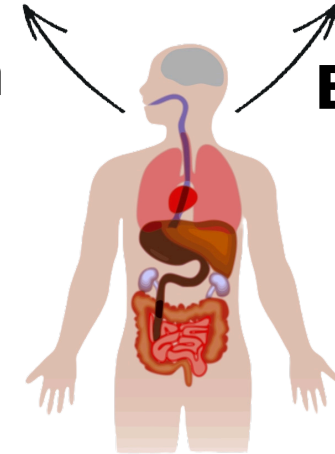
Death



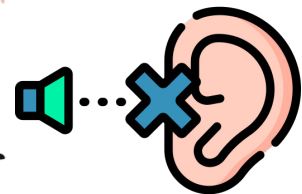
Dementia



Blindness

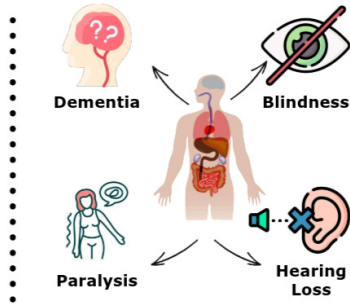
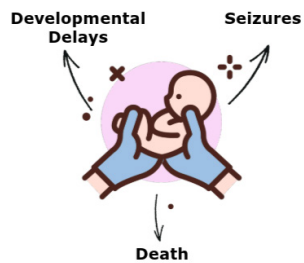


Paralysis



Hearing Loss

3.2 Complications of Syphilis



- **Tertiary stage:** The complications of syphilis appear during the tertiary stage where organs and organ systems are damaged. Damage to these internal organs can result in death.
- **Babies:** Untreated syphilis in pregnant people results in infant death in up to 40 percent of cases. Babies without treatment may have developmental delays, seizures or die.

When syphilis is untreated, it can cause serious and potentially life-threatening problems like dementia (problems with memory), blindness, paralysis (where you're not able to move parts of your body), and hearing loss.

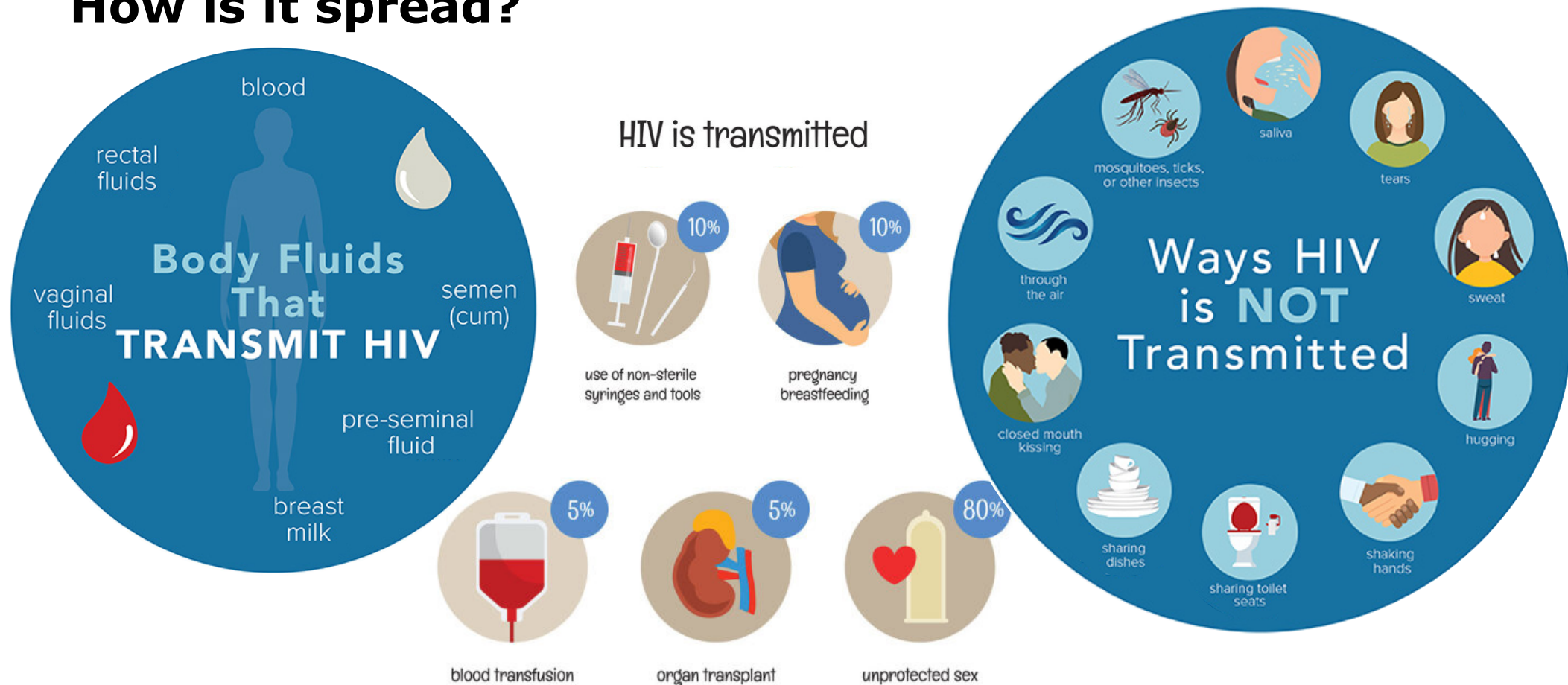


4.0 Human Immunodeficiency Virus (HIV)

What is it?

An incurable viral infection that attacks the immune system, the part of the body that fights infection.

How is it spread?



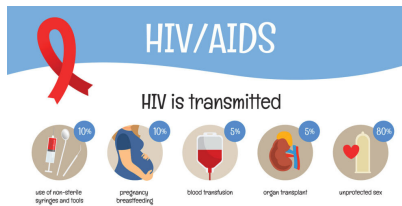
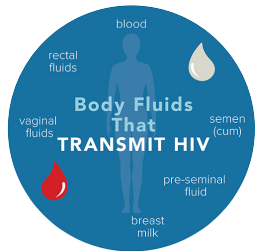
4.0 Human Immunodeficiency Virus (HIV)

What is it?

It's an incurable viral infection that attacks the immune system, the part of the body that fights infection.

How is it spread? Only 6 fluids can transmit HIV; blood, semen, pre-seminal fluid (pre-cum), breast milk, vaginal and rectal fluids. These fluids must come in contact with a mucous membrane (found in the rectum, vagina, penis, and mouth) or damaged tissue or be directly injected into the bloodstream for transmission to occur.

- Most people get HIV through:
 - Use of non-sterile syringes and tools (during drug use, tattoos, body piercings).
 - Mother to baby during pregnancy, birth or breastfeeding.
 - Rarely during a blood transfusion or organ transplant.
 - Most commonly during vaginal or anal sex.
- HIV is not transmitted:
 - By mosquitoes, ticks, or other insects.
 - Through saliva, tears, or sweat.
 - By hugging, shaking hands, sharing toilets, dishes, or closed-mouth kissing with someone who has HIV.
 - Through the air.



4.1 Symptoms of HIV

Symptoms

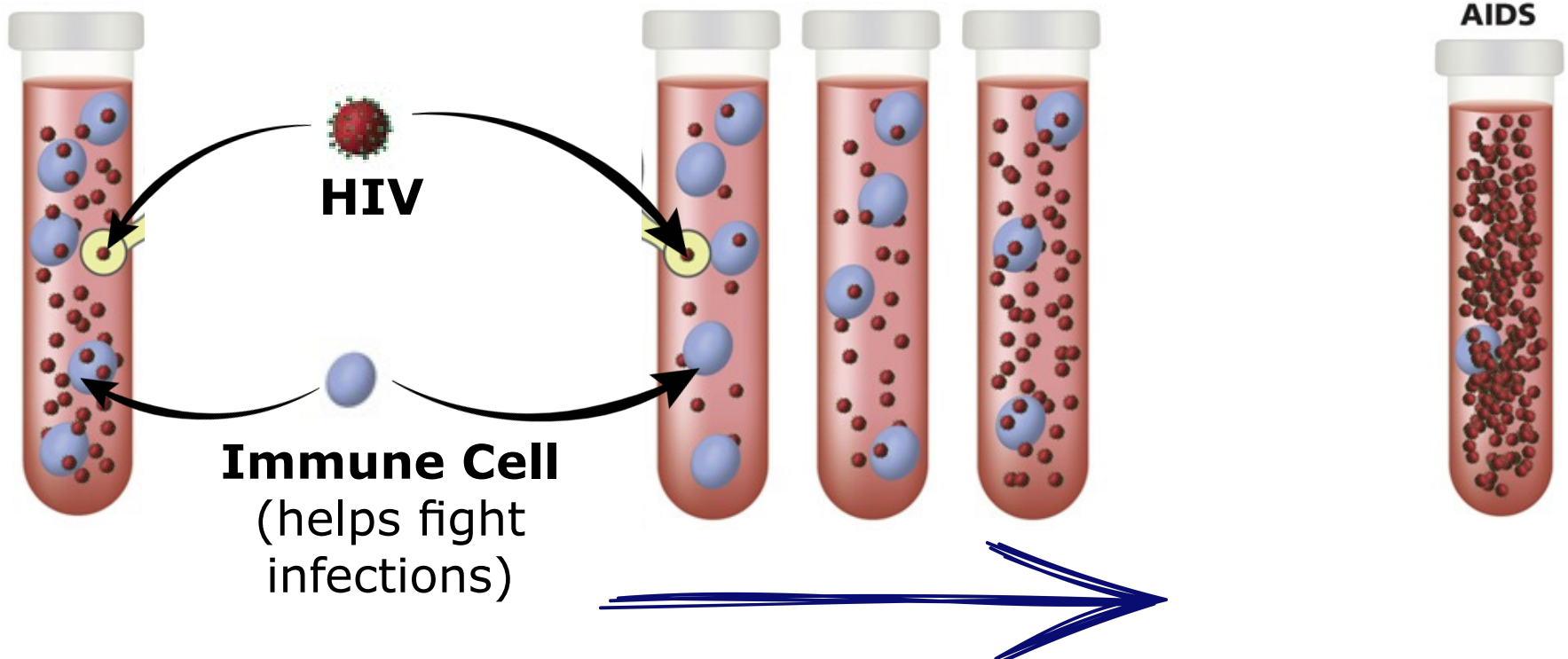
May or may not have any symptoms.

3 Stages of HIV:

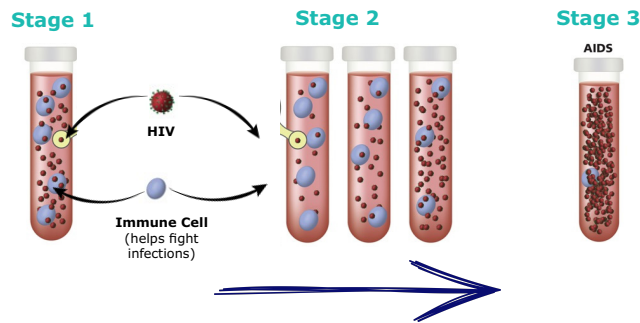
Stage 1

Stage 2

Stage 3



4.1 Symptoms of HIV



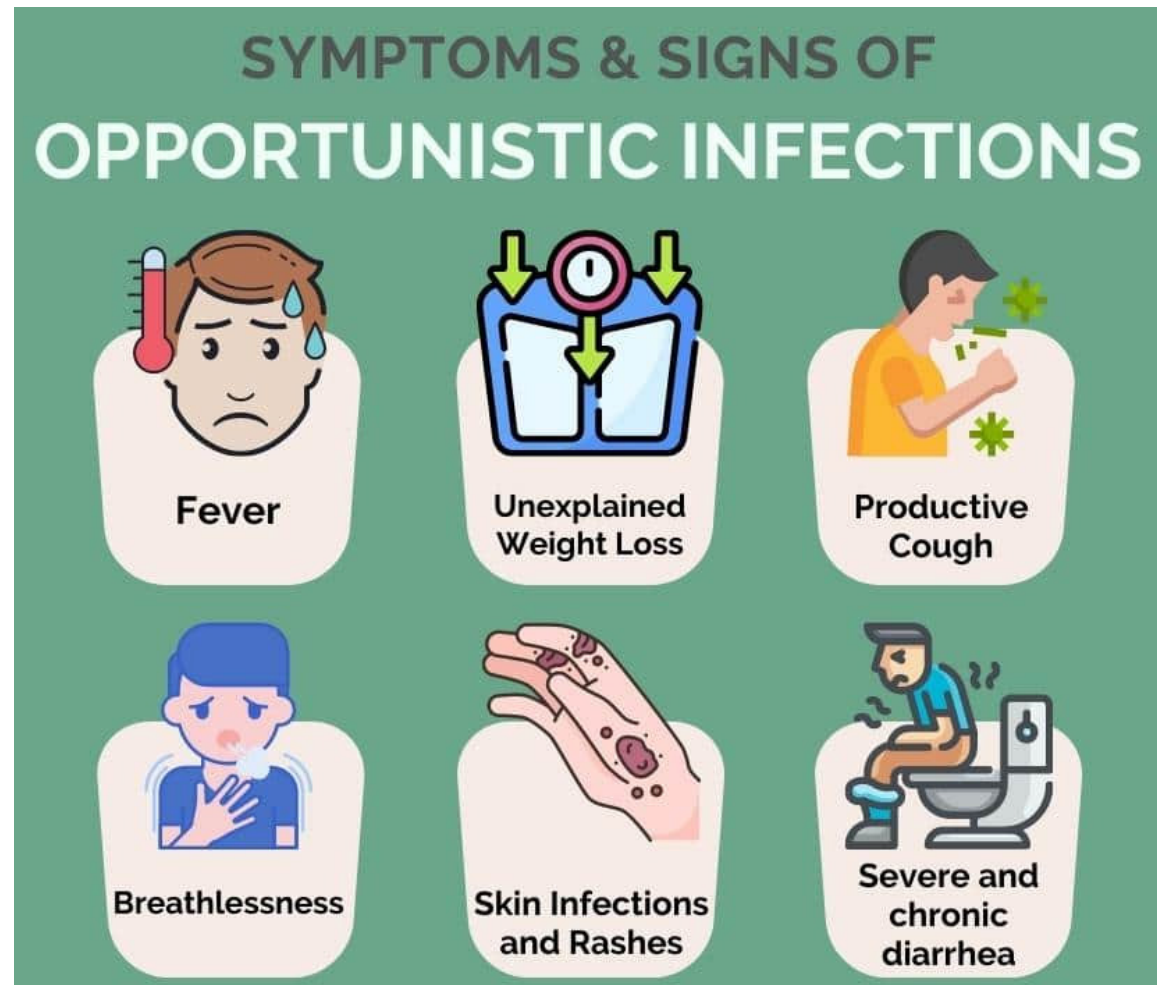
For many, flu-like symptoms may occur, but some people may have no symptoms at all. If HIV is left untreated, HIV typically progresses through three stages.

- **Stage 1:** is when flu-like symptoms may occur, at this stage there are a large amount of HIV in the body, so the individual is very contagious.
- **Stage 2:** after a while with no treatment, HIV continues to be active and continues to reproduce in the body. During this stage people may not have any symptoms but can still transmit HIV.
- **Stage 3:** at this point, the amount of HIV in the blood has gone way up to the point of having HIV progress to AIDS. Leaving the individual with a badly damaged immune system where there is a reduction of immune cells (that help fight infection) and leaving the individual open to other infections or other serious illnesses. The individual may also easily transmit HIV to others.



4.2 Complications of HIV

If HIV is not treated, it can lead to AIDS ---> Opportunistic Infections



4.2 Complications of HIV

If HIV is not treated, it can lead to AIDS, the most severe stage of HIV. Due to a badly damaged immune system during this stage, those infected can get an increasing number of severe illnesses called "opportunistic infections". Illnesses caused by a variety of germs (viruses, bacteria, fungi, and parasites) that occur more frequently and are more severe in people with HIV like salmonella infection, and tuberculosis.



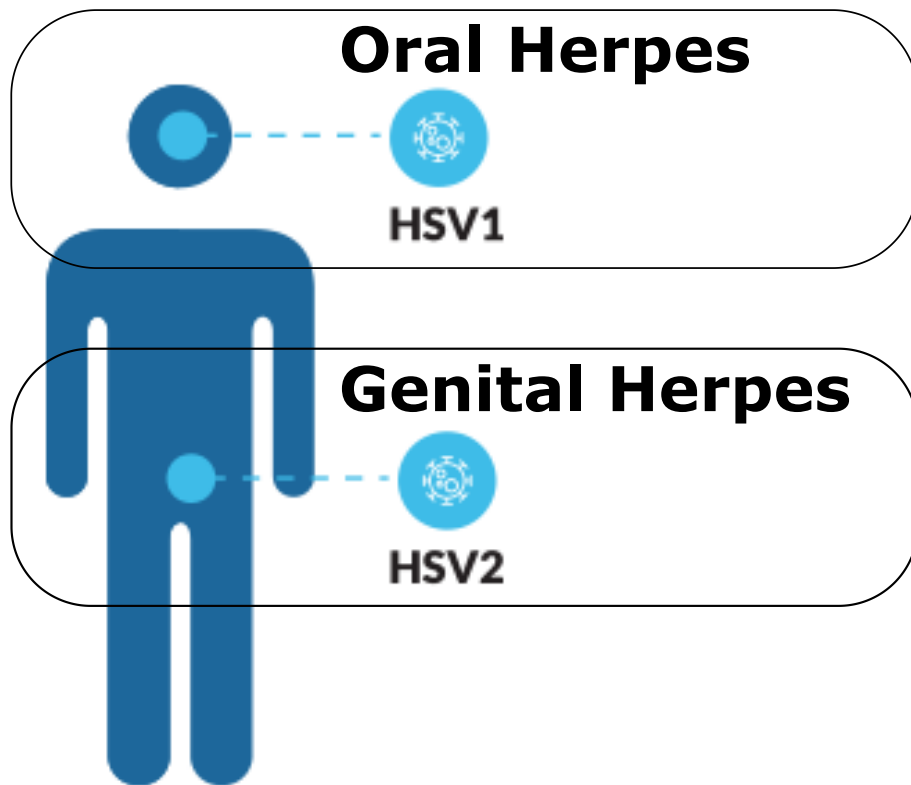
Some symptoms and signs of opportunistic infections can be, fever, unexplained weight loss, productive cough, breathlessness, skin infections and rashes, as well as severe and chronic diarrhea.

Without HIV treatment, people with AIDS typically survive about three years.

5.0 Genital Herpes (HSV-2)

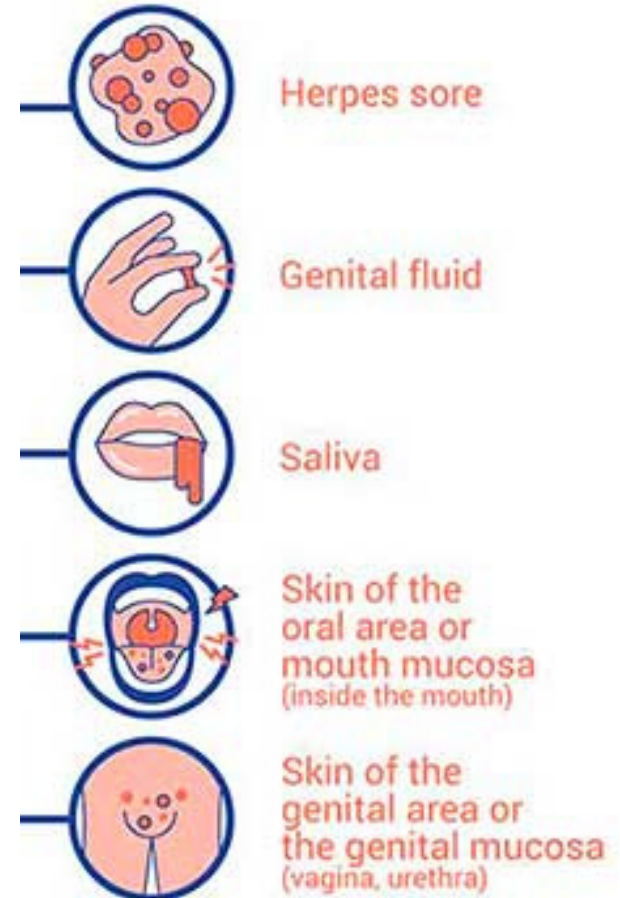
What is Genital Herpes?

An incurable lifelong infection caused by two types of viruses.



How is it spread?

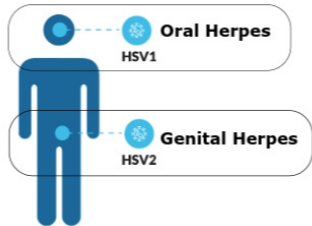
INFECTED PARTNER



5.0 Genital Herpes (HSV-2)

What is Genital Herpes?

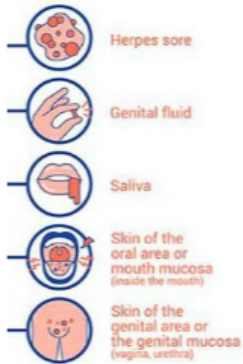
Genital herpes is an incurable life-long STI caused by **two** types of viruses.



HSV-1 (Oral Herpes): can result in cold sores or fever blisters on or around the mouth.

HSV-2 (Genital Herpes): is mainly associated with genital and rectal infections.

INFECTED PARTNER



How is it spread?

Genital herpes is spread by having vaginal, anal, or oral sex with someone who has the infection. Oral herpes (HSV-1) can spread from the mouth to the genital through oral sex.

You can get herpes if you have contact with:

- A herpes sore.
- Genital fluids from a partner with a genital herpes infection.
- Saliva from a partner with an oral herpes infection.
- Skin in the oral area of a partner with oral herpes or
- Skin in the genital area of a partner with genital herpes.

Keep in mind that once you have herpes, you have it for life, so it's always there, even if there are no visible sores.



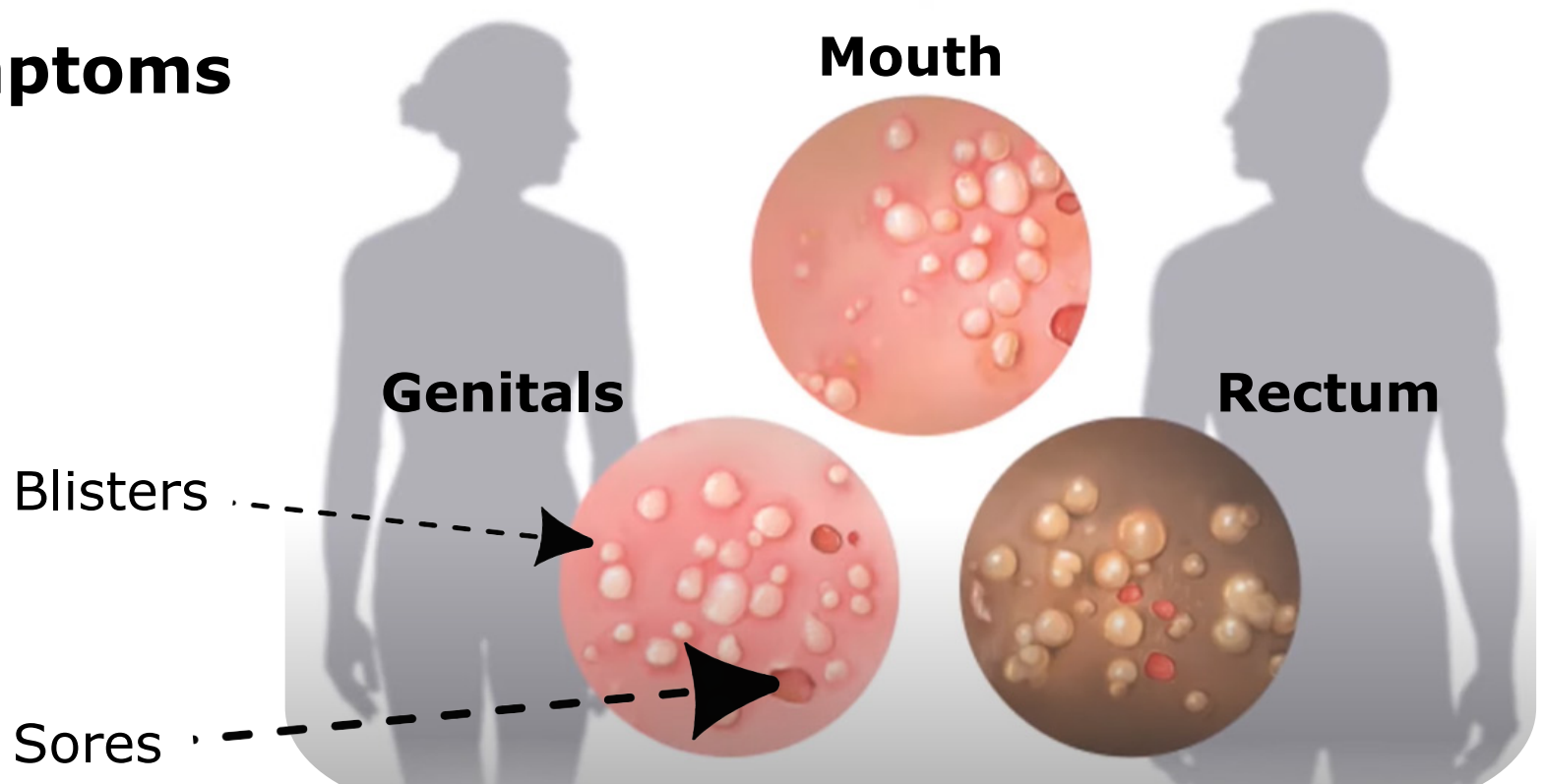
5.1 Symptoms of Genital Herpes

Symptoms

Can be mild to no symptoms at all.

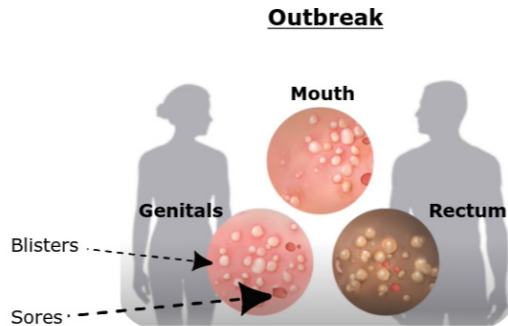
When symptoms do occur...

Outbreak



5.1 Symptoms of Genital Herpes

Most people with genital herpes have no symptoms or have very mild symptoms.

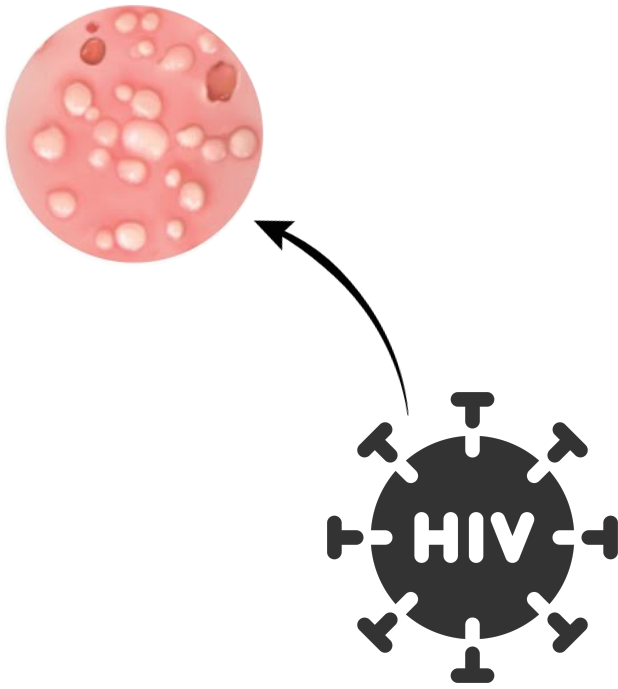


- **First outbreak:** Herpes sores usually appear as one or more fluid-filled blisters on or around the genitals, rectum or mouth (called an “outbreak”). The blisters break and leave painful sores that go away within a few weeks. Flu-like symptoms (like fever, body aches, or swollen glands) also may occur during the first outbreak.
- **Future outbreaks:** Because this virus stays in the body; sores may come back from time to time. These future outbreaks are usually shorter, may decrease over time, and be less severe than the first outbreak.

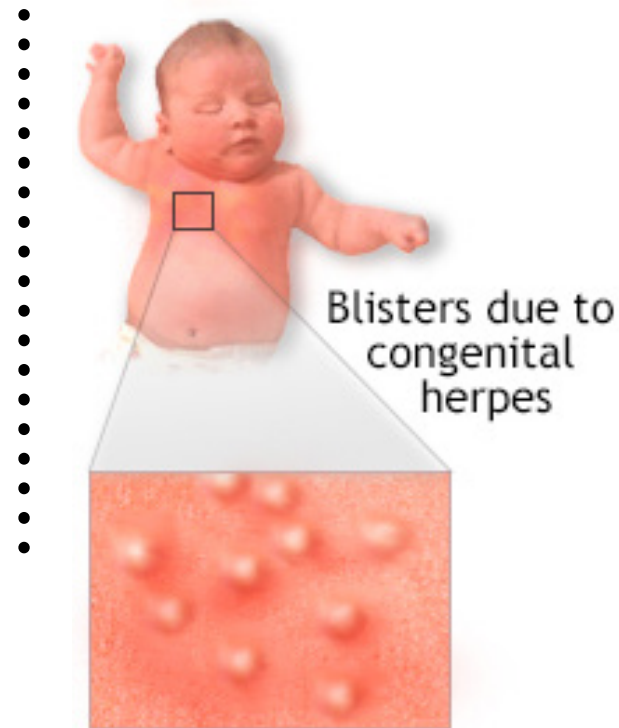


5.2 Herpes Complications

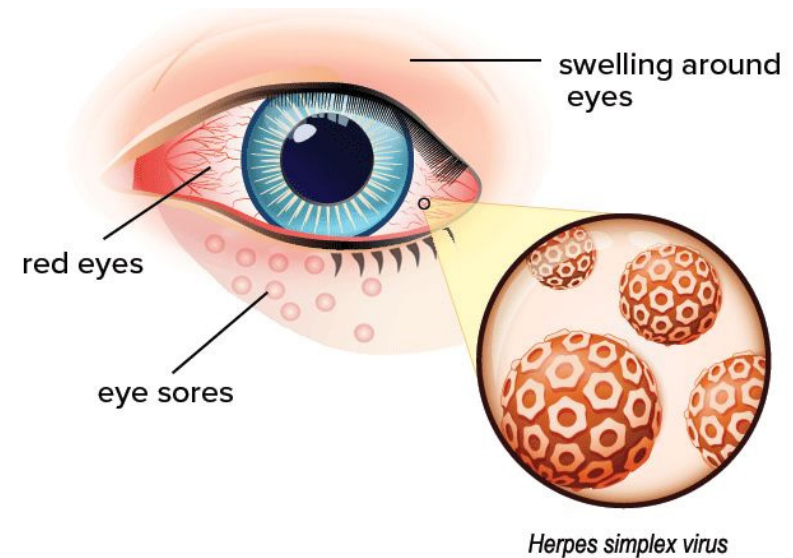
Genital Herpes Open Sores



Pregnancy



Transferring Herpes



5.2 Herpes Complications



- Without treatment, herpes may cause painful genital ulcers that can be severe and persistent in persons with suppressed immune systems like people living with HIV. People who have open sores from genital herpes are twice as likely to get HIV compared to people without herpes.
- Herpes may lead to miscarriage or make it more likely to deliver the baby too early.
- Women can pass herpes to their unborn child before birth, but infection is more common during delivery. Leading to a deadly infection in the baby.
- If people touch the sores or fluids from the sores, they may transfer herpes to another body part like the eyes. Do not touch the sores or its fluids to avoid spreading herpes to another part of the body.



6.0 Human Papilloma Virus (HPV)

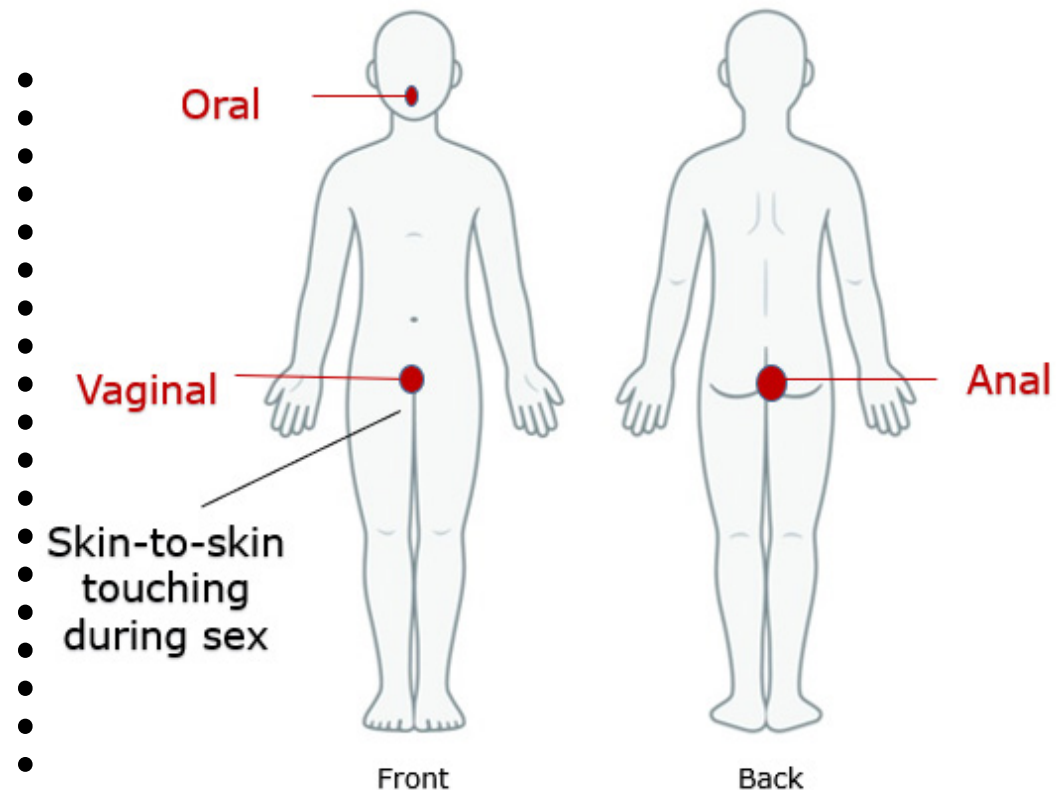
What is HPV?

HPV is the most common STI and is incurable. There are many different types of HPV infections ranging from low-risk to high-risk.



85% of sexually active people will get an HPV infection.

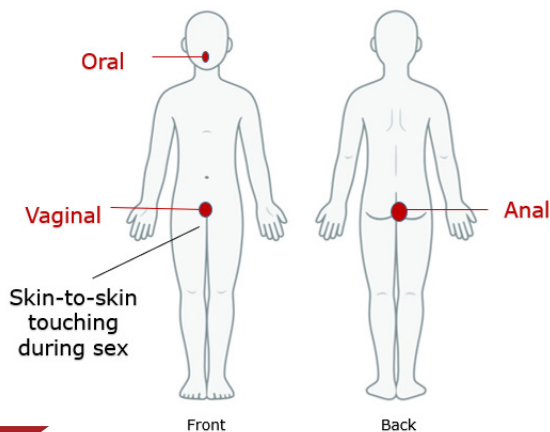
How is it spread?



6.0 Human Papilloma Virus (HPV)



85% of sexually active people will get an HPV infection.



What is HPV?

HPV is the most common STI and is incurable.

There are many different types of HPV infections ranging from low-risk to high-risk.

How is it spread?

People can get HPV by having vaginal, anal, or oral sex with someone who has the virus. HPV can also spread through close skin to skin touching during sex.

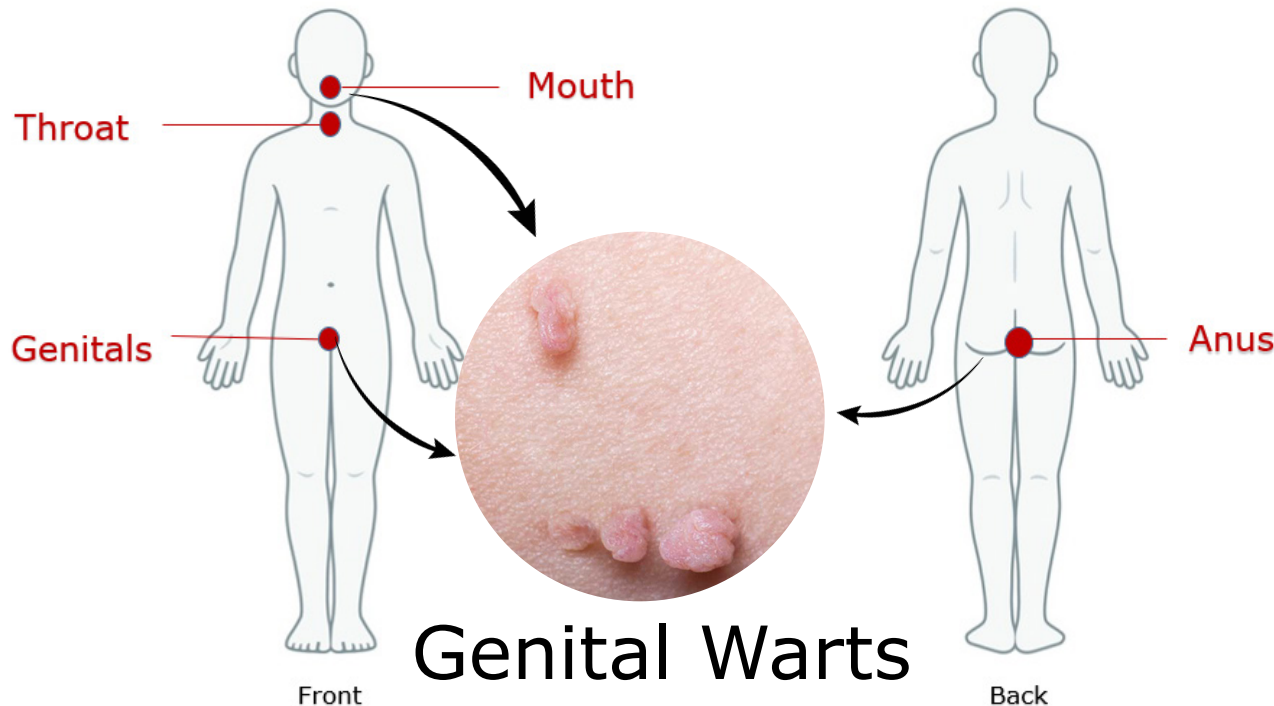
6.1 Symptoms of HPV

Symptoms

Most people do not have any symptoms.

When symptoms do occur...

Infection with low-risk HPV

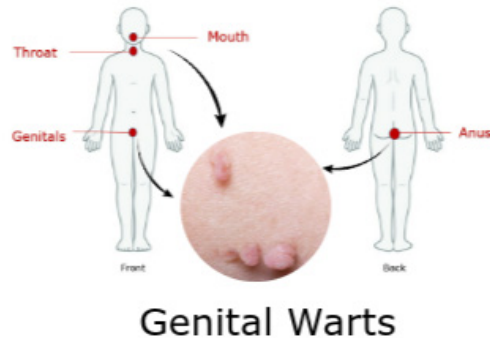


Infection with high-risk HPV

No symptoms

6.1 Symptoms of HPV

Infection with low-risk HPV



Infection with high-risk HPV

No symptoms



Most people do not have any visible symptoms.

When symptoms do occur:

Infection with low-risk HPV: may cause painless growths or lumps on or around the genitals, anus, mouth, or throat, called genital warts.

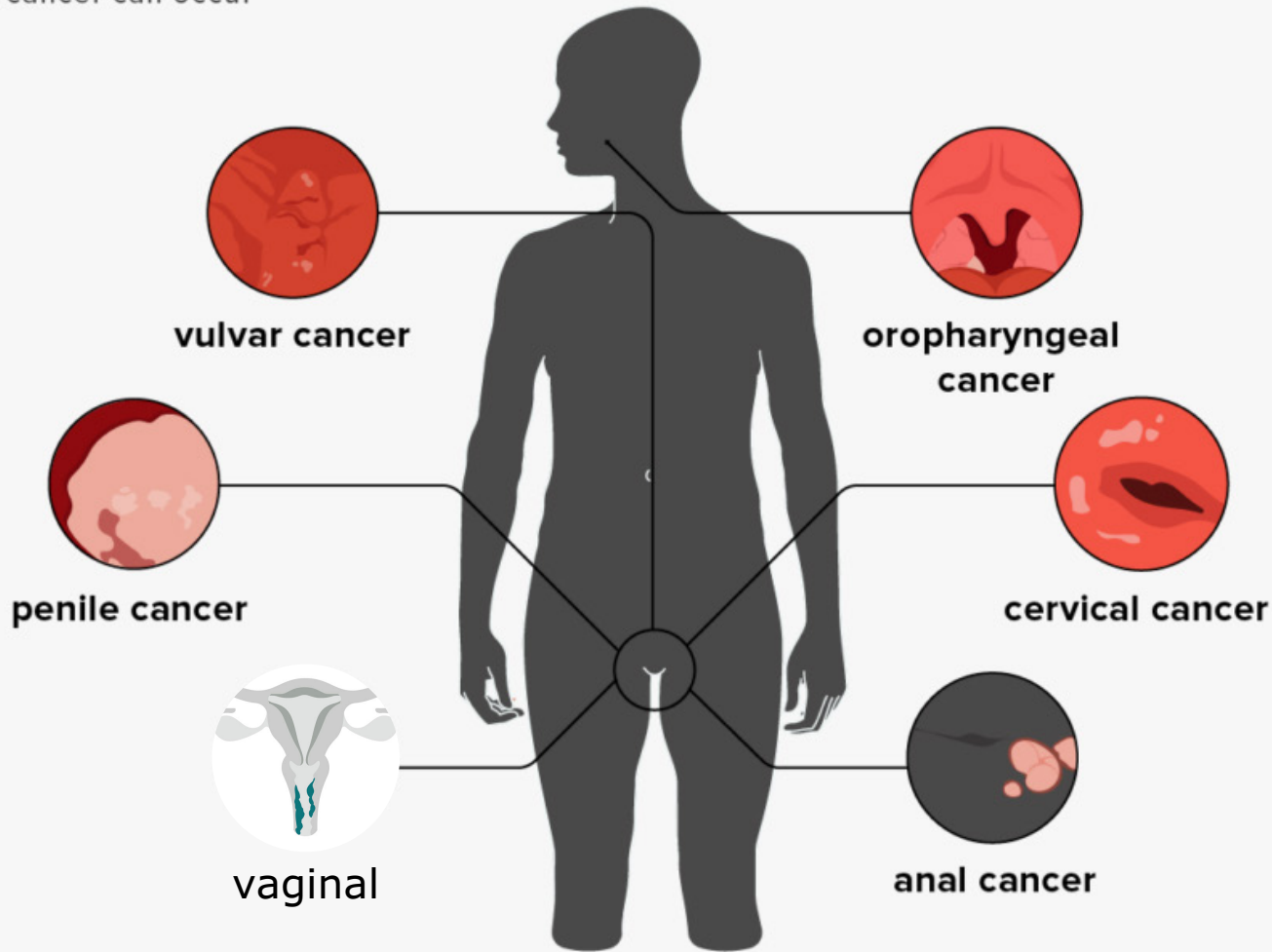
Infection with high-risk HPV: does not cause symptoms.

A person with both high-risk and low-risk HPV can still pass the infection to someone even when they have no signs or symptoms.

6.2 Complications of HPV

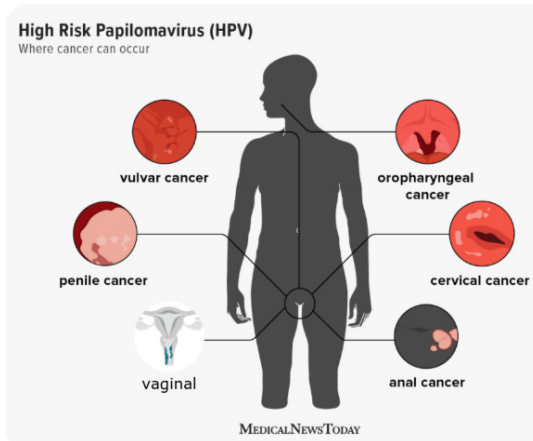
High Risk Papillomavirus (HPV)

Where cancer can occur



6.2 Complications of HPV

The immune system usually controls HPV infections, so they are cleared by the body within a year or two. However, sometimes HPV infections are not successfully controlled by the immune system. When a high-risk HPV infection persists for many years, it can lead to cell changes that, if untreated, may get worse over time and become precancerous and then cancerous.



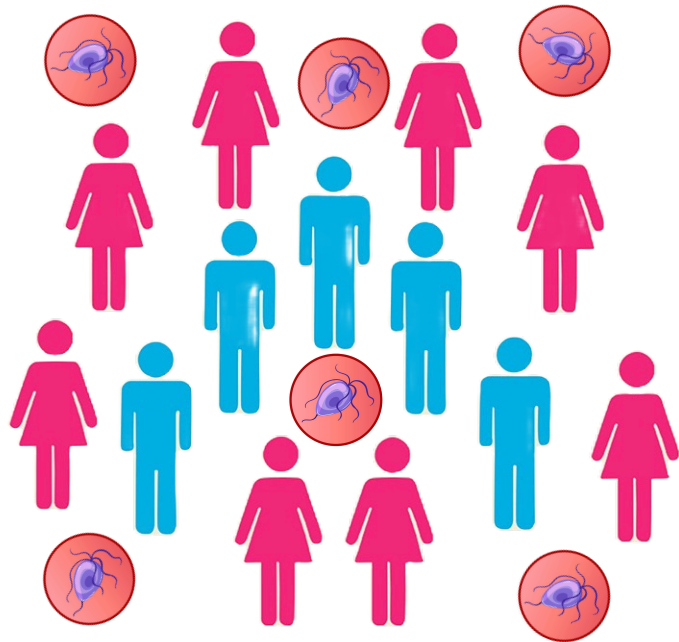
- Cancers HPV can cause include:
 - Vulvar
 - Penile
 - Vaginal
 - Throat (base of the tongue and tonsils)
 - Cervical
 - Anal cancer



7.0 Trichomoniasis

What is it?

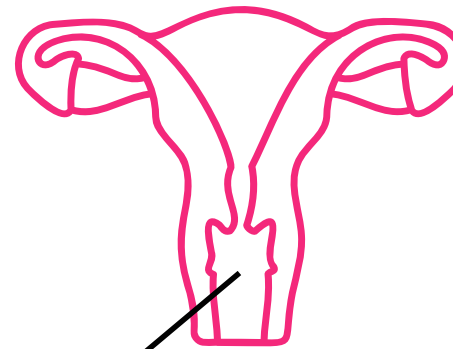
Trichomoniasis, or "trich," is a common, curable STI caused by a parasite.



How is it spread?

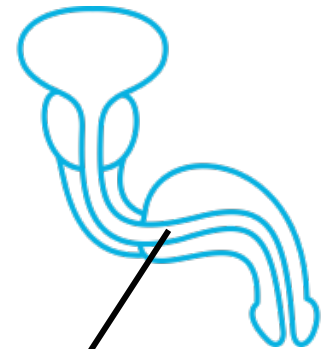


Female



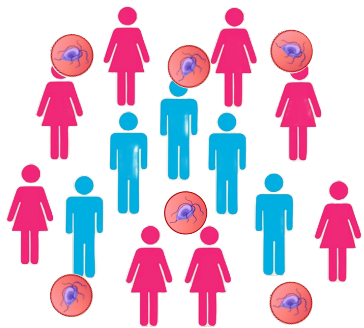
Vagina

Male



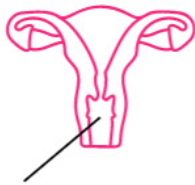
Urethra

7.0 Trichomoniasis



Female

Male



Vagina



Urethra



What is it?

Trichomoniasis, or "trich," is a common, curable STI caused by *Trichomonas vaginalis*, a parasite. Infection is more common in women than in men. Older women are more likely than younger women to have the infection.

How is it spread?

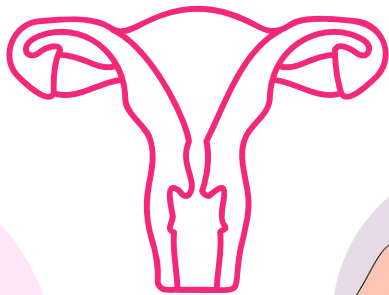
The parasite usually spreads between people during genital contact, from a female's genital tract (vagina) to a male's genital tract (urethra). It can also spread from female to female. It's rare to have trich in other parts of the body, such as the hands, mouth, or anus.

7.1 Symptoms of Trichomoniasis

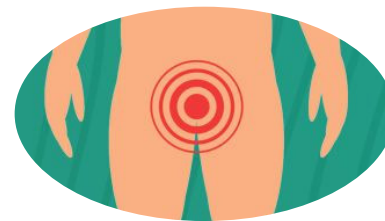
Most people do not have any signs or symptoms.

When symptoms do occur...

Female



Male



7.1 Symptoms of Trichomoniasis

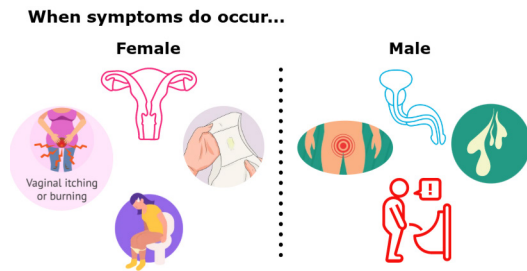
Most people do not have any signs or symptoms. When symptoms do occur...

Women may notice:

- itching, burning, redness or soreness of the genitals.
- discomfort when peeing
- a clear, white, yellowish, or greenish vaginal discharge with a fishy smell.

Men may notice:

- itching or irritation inside the penis,
- burning after urinating or ejaculating, and discharge from the penis.

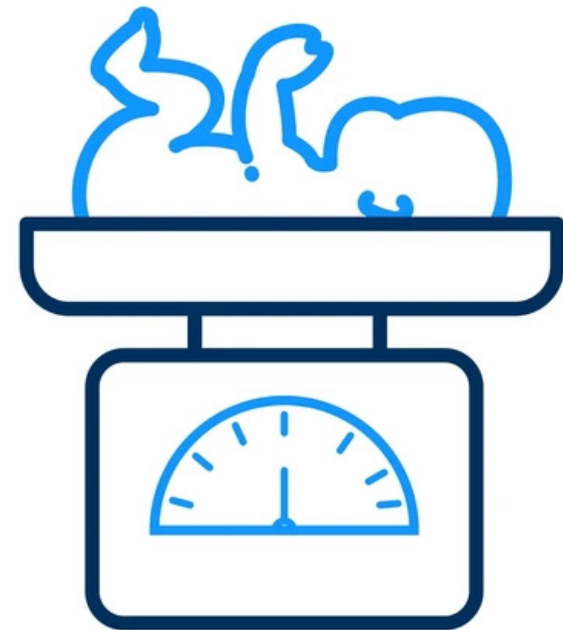


7.2 Complications of Trichomoniasis

Spreading Other STIs



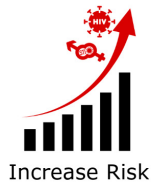
Premature Baby



7.2 Complications of Trichomoniasis

- Genital inflammation due to trich can increase the risk of getting and spreading other STIs like HIV.
- Pregnant people with trich are also more likely to deliver their babies early causing a baby to be premature.
- Having trich can cause having sex feel unpleasant. Without treatment, the infection can last for months or even years.

Spreading Other STIs



Premature Baby



8.0 Hepatitis B

What is it?

A serious vaccine-preventable liver infection caused by the Hepatitis B virus.

How does it spread?



BLOOD

DIRECT BLOOD TO BLOOD CONTACT



Mother to child during birth



Tattoos, piercings, barbers, scarification, circumcision practices



Sharing needles



Household contact
Sharing hygiene equipment
(razors, toothbrushes, earrings etc.)



Unsterile healthcare practices

SEX

DIRECT CONTACT WITH SEXUAL FLUIDS



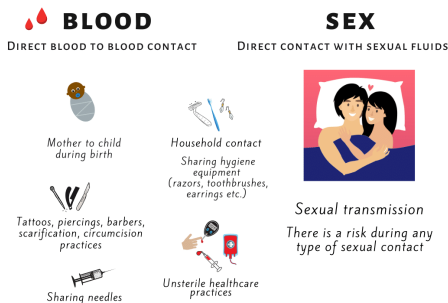
Sexual transmission

There is a risk during any type of sexual contact

8.0 Hepatitis B

What is it?

A serious vaccine-preventable inflammation of the liver caused by the hepatitis B virus that attacks and injures the liver. It is the most common serious liver infection in the world.



How is it spread?

Hepatitis B is spread when blood, semen, or other body fluids from a person infected with the virus enters the body of someone who is not infected.

- Examples of transmission can be
 - from mother to child during pregnancy or delivery (most affected)
 - tattoos and piercings
 - sharing needles
 - sharing hygiene equipment such as razors, toothbrushes, and earrings.
 - during any type of sexual contact.



8.1 Symptoms of Hepatitis B

Not all people have symptoms but for those who do, symptoms can include...



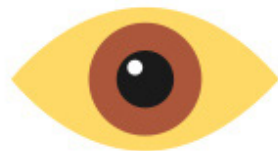
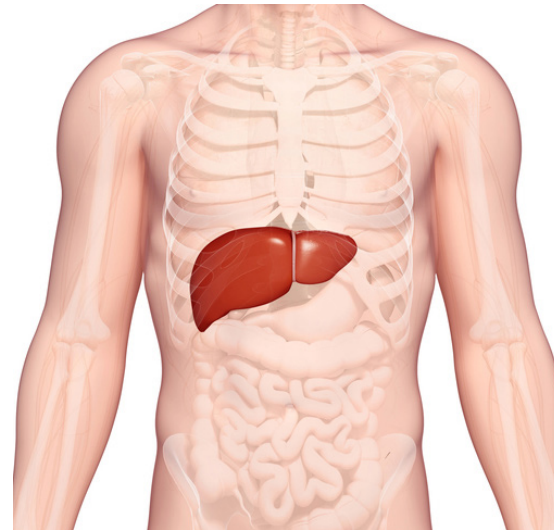
Weakness,
fatigue



Losing
your appetite



Pain in the
right side of
the abdomen

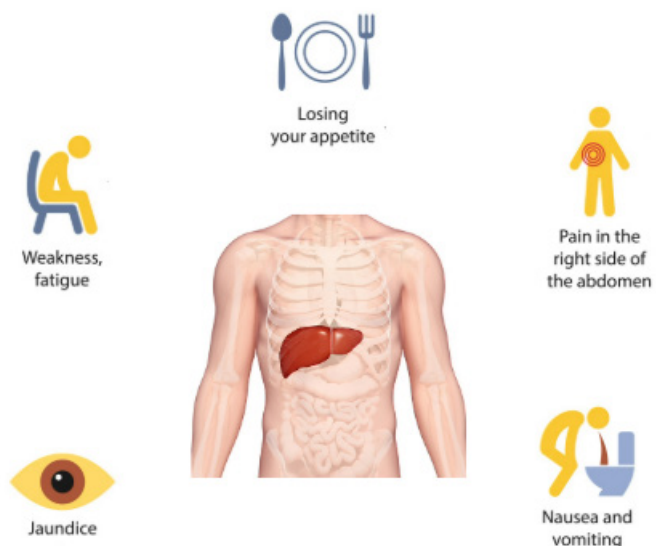


Jaundice



Nausea and
vomiting

8.1 Symptoms of Hepatitis B



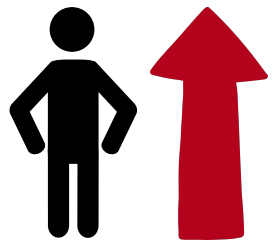
Not all people newly infected with Hep B have symptoms, but for those that do, symptoms can include:

- Fatigue
- Poor appetite
- Stomach pain
- Nausea
- Jaundice (yellowish color on the eyes and/or skin)



8.2 Complications of Hepatitis B

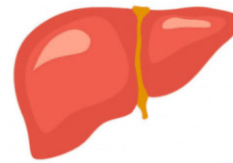
Chance of Developing Chronic Lifelong Infection



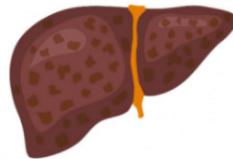
Infected
Adults



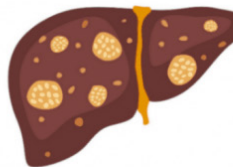
Infected
children
before age 6



Healthy Liver



Cirrhosis



Liver
Cancer

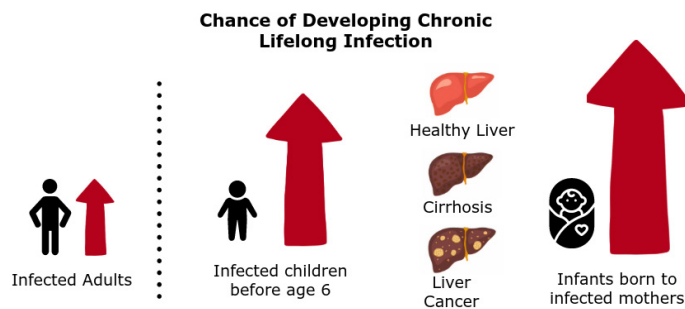


Infants born
to infected
mothers



8.2 Complications of Hepatitis B

For most individuals, Hep B is a short-term illness where almost all children 6 years and older and adults infected with hep B recover completely and do not develop chronic (lifelong) infection.



Unfortunately, children who get infected before age 6 have a greater chance of developing chronic (lifelong) infection, even greater for infants.

Chronic infection can lead to serious, even life-threatening health issues like:

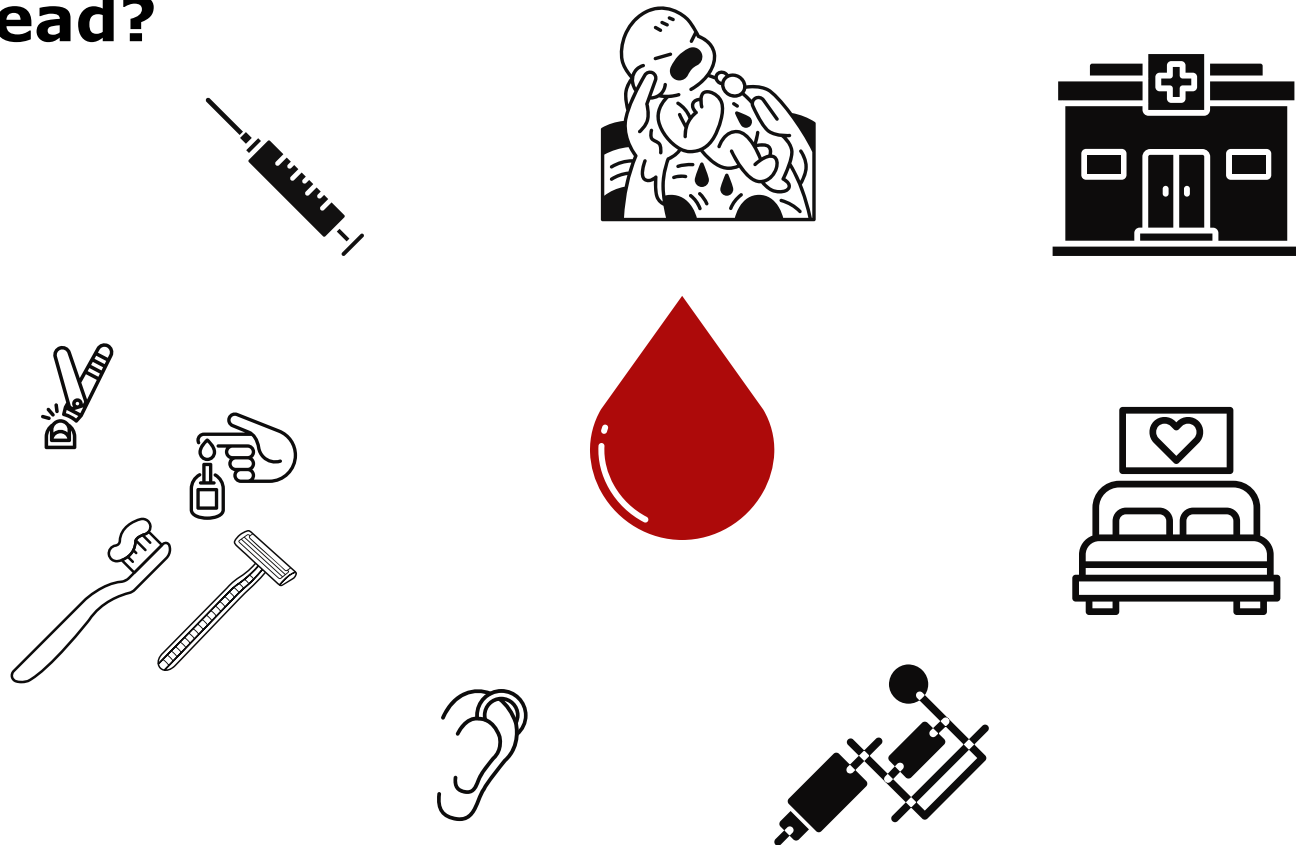
- cirrhosis (scarring) of the liver
- liver failure
- or liver cancer

9.0 Hepatitis C

What is it?

Hep C is an inflammation of the liver due to the Hep C virus. It can range from mild acute illness to a serious chronic illness.

How is it spread?



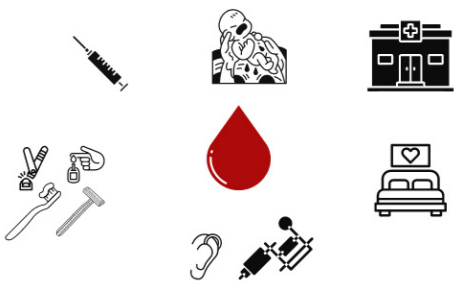
9.0 Hepatitis C

What is it?

- Hep C is an inflammation of the liver due to the Hep C virus. It can range from mild (acute) illness (lasting a few weeks) to a serious, long-term (chronic) illness. There is no vaccine to prevent it like Hep B, but it is curable in most cases.

How is it spread?

- Hep C spreads through contact with blood through:
 - sharing drug-injection equipment
 - birth
 - health care exposure (healthcare workers exposed to blood)
 - sex with an infected person (low risk but risk increases for men who have sex with men, people with multiple sex partners, engage in rough sex, or infected with HIV)
 - unregulated tattoos or body piercings (using non-sterile instruments)
 - sharing personal items like razors, glucose monitors, nail clippers, and toothbrushes.



9.1 Symptoms of Hepatitis C

Acute Symptoms



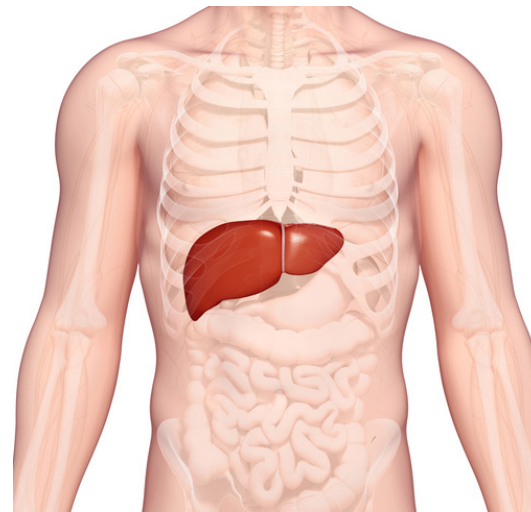
Weakness,
fatigue



Losing
your appetite



Pain in the
right side of
the abdomen



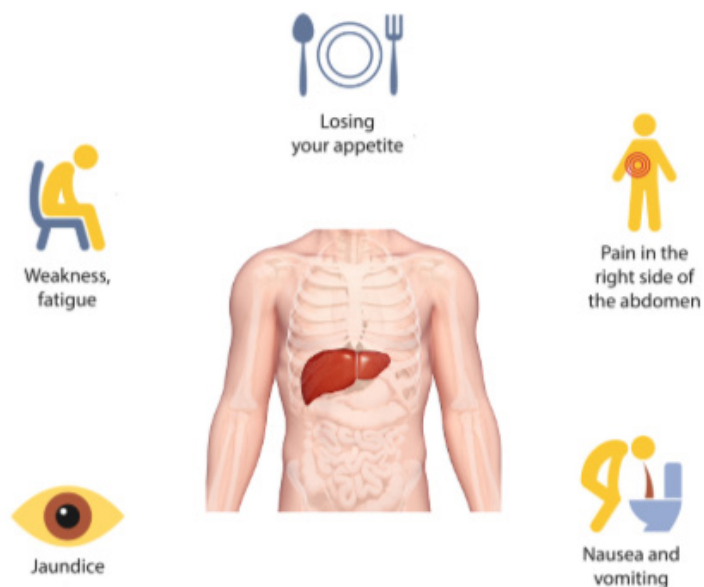
Jaundice



Nausea and
vomiting

9.1 Symptoms of Hepatitis C

Many people with the Hep C virus don't have symptoms so they may not know they are infected, increasing the chances of spreading the infection. If symptoms do occur, they can include those similar to Hep B.



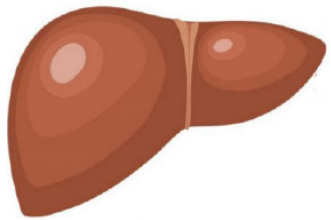
- Acute (short-term) symptoms
 - feeling tired
 - lack of appetite
 - stomach pain/problems
 - throwing up
 - jaundice (yellow skin or eyes)



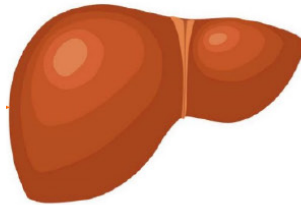
9.2 Complications of Hepatitis C

Chronic Infection

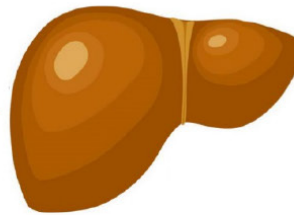
Stages of Liver Disease in Hepatitis C



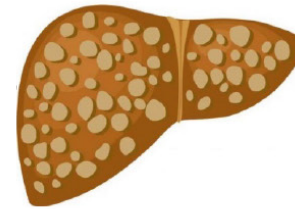
Healthy Liver



Acute Hepatitis



Chronic Hepatitis



Cirrhosis

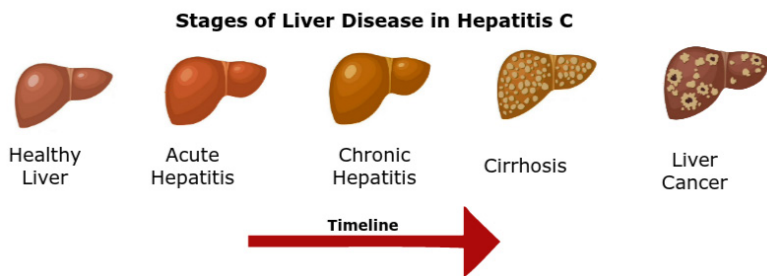


Liver Cancer

Timeline



9.2 Complications of Hepatitis C



If left untreated, over time chronic (long term) infection may occur leading to chronic liver disease, which can range from mild to severe and include cirrhosis and liver cancer. The sooner the treatment starts the better it will be at preventing liver damage and further spread.



10.0 Prevention of STIs

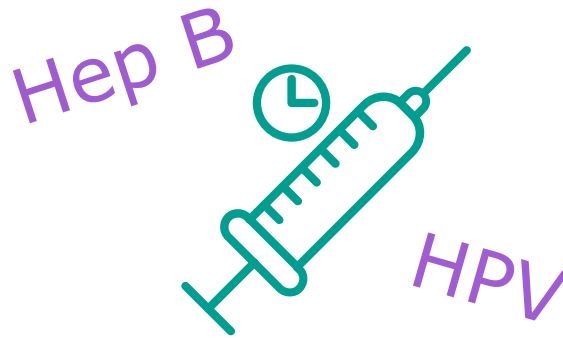
Abstinence



Have Fewer Partners



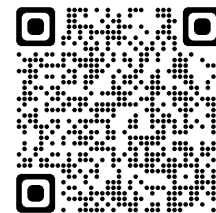
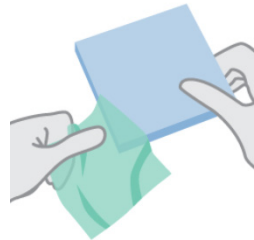
Vaccination



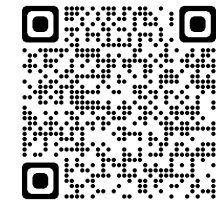
Avoid Sharing...



Barrier Methods "Dos and Don'ts"



Male
Condom



Female
Condom

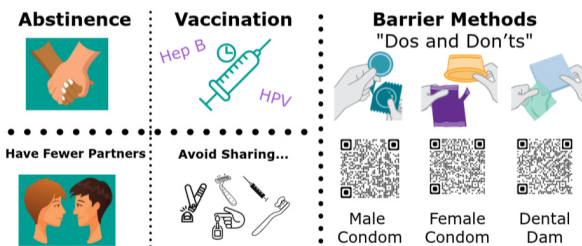


Dental
Dam

10.0 Prevention of STIs

Protect yourself and your sexual partners through:

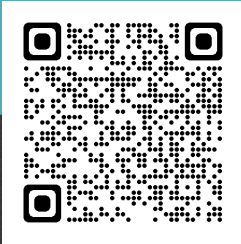
- **Abstinence:** The surest way to avoid STIs is to abstain from vaginal, oral, or anal sex.
- **Vaccination:** to prevent Hep B and HPV.
- **Having fewer partners:** agree to only have sex with one person who agrees to only have sex with you. Both need to get tested to know for sure that neither has an STI.
- **Avoid sharing:** personal hygiene items and drug-injection equipment.
- **Using barrier methods correctly** (male and female condoms, dental dams) every time the person has anal, vaginal, or oral sex. People can still get certain STI infections like herpes or HPV from skin-to-skin contact even when using a condom. Use the QR codes to know about the do's and don'ts for each method.



10.1 Prevention of STIs (HIV)

Before Exposure Medication

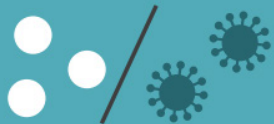
PrEP 101



PrEP Basics

PrEP stands for **Pre-Exposure Prophylaxis**

The word "prophylaxis" means to prevent or control the spread of an infection or disease



PrEP can help prevent you from getting HIV if you are exposed to the virus

PrEP is an HIV prevention option that works by taking **one pill every day**

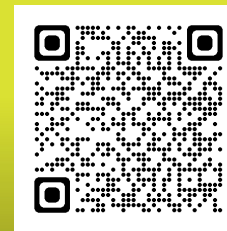


After Exposure Medication



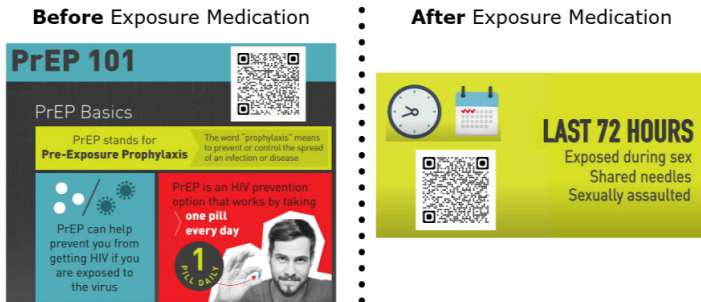
LAST 72 HOURS

Exposed during sex
Shared needles
Sexually assaulted



10.1 Prevention of STIs (HIV)

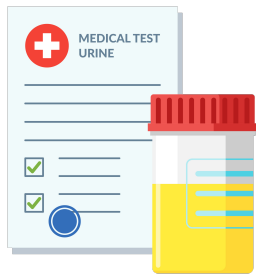
- HIV: People may be able take advantage of HIV prevention medicines such as PrEP and PEP.
 - **Pre-exposure prophylaxis** (PrEP) (before exposure medication) is medicine that reduces the chances of getting HIV from sex or injection drug use. When taken as prescribed, PrEP is highly effective for preventing HIV. PrEP is covered by most insurance programs but there are also medical assistance programs that may help pay for PrEP.
 - **Post-exposure prophylaxis** (PEP) (after exposure medication) is medicine people can take within 72 hours (3 days) after a recent possible exposure to HIV during sex, shared needles, or sexual assault. Should be used only in emergency situations.



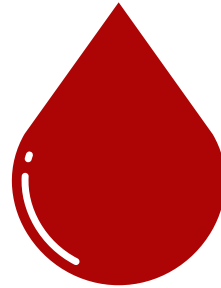
11.0 Testing for STDs

Testing is the only way to know for sure!

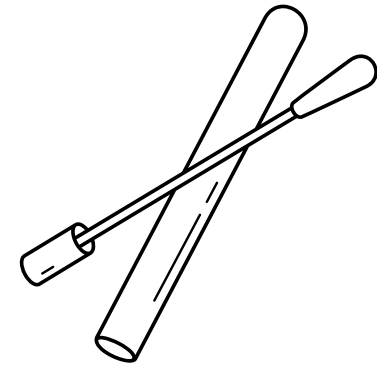
Types of tests:



Urine Test



Blood Test



Swab Test

People can have an STI for years and not know it!

11.0 Testing for STIs

The best time to talk about getting tested is **BEFORE** having sex (including oral sex). Testing is the only way to know for sure if someone has an STI.

Depending on the type of suspected infection, people may get one of the following types of tests:

- Urine test
- Blood test
- Swab tests
 - Inside of the mouth, discharge, or sores.
 - Women: vaginal or cervix.
 - Men: penis or urethra (tube that carries urine out of the body).

Types of test:



Urine Test



Blood Test



Swab Test



If someone is in a relationship and one person tests positive, it doesn't automatically mean that somebody cheated. It can take a while for some STIs to show up on a test. Many people have an STI for a long time (even years) without knowing it.

12.0 Treatment for STIs

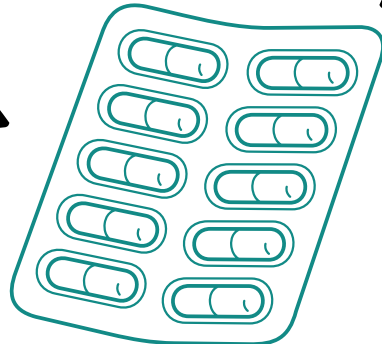
Curable STIs

Bacterial

Chlamydia
Gonorrhea
Syphilis

Parasitic

Trichomoniasis



Antibiotics

Non-Curable STIs

Virus Causing

Hep B

Herpes

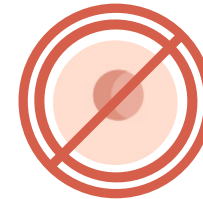


Antiviral Drug

Hep C

HIV

HPV



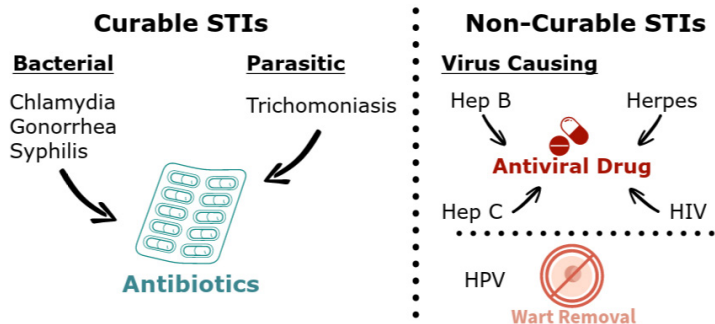
Wart Removal

12.0 Treatment for STIs

STIs can be divided into two general categories, those that can be cured and those that currently cannot.

Curable STIs

Bacterial and parasitic infections like chlamydia, gonorrhea, syphilis and trich, can be cured with antibiotics.



Non-Curable STIs

Viral (virus causing) infections like hepatitis B, genital herpes, HPV, and HIV are incurable infections, but treatment can relieve some of their symptoms and reduce the severity of some of their consequences. Treatment can include antiviral drugs for hepatitis B, genital herpes, hepatitis C, HIV and wart removal for the HPV strand that causes warts.



13.0

TRUE or FALSE



1. Oral sex is safe from STIs because there is no penetration involved.
2. If there are no signs of an STI, there is no infection.
3. Getting infected with HIV means the person will die soon.
4. Bacterial infections can be cured if detected on time.
5. Usually, there is no cure for sexually transmitted viral infections.
6. Nonbarrier forms of contraceptive for women such as birth control pills, or intrauterine devices (IUDs) will protect me from getting an STI.

13.0

TRUE or FALSE

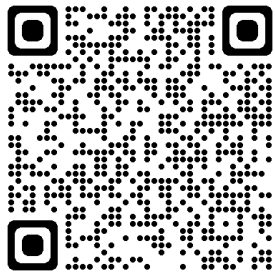
- 1. Oral sex is safe from STIs because there is no penetration involved.**
 - a. False: Anyone exposed to an infected partner can get an STD in the mouth, throat, genitals, or rectum. Using a male condom or a dental dam can protect from STIs while having oral sex.
- 2. If there are no signs of an STI, there is no infection.**
 - a. False: STDs such as chlamydia and HPV show few symptoms and can cause health-related problems if left untreated. As always, it is best to get tested and not assume that someone is STD-free based on how well-groomed, clean or attractive they may appear.
- 3. Getting infected with HIV means the person will die soon.**
 - a. False: HIV is not a death sentence. With regular treatment, people with HIV can live normal lives and are even capable of having children that are HIV-negative.
- 4. Bacterial infections can be cured if detected on time.**
 - a. True: Both bacterial and parasitic infections can be cured with antibiotics.
- 5. Usually, there is no cure for sexually transmitted viral infections.**
 - a. True: There is no cure but there is treatment for the viral STIs discussed.
- 6. Nonbarrier forms of contraceptive for women such as birth control pills, or intrauterine devices (IUDs) will protect me from getting an STI.**
 - a. False: These types of contraceptives were designed to protect against pregnancy but not against HIV and STIs. Instead, condoms can reduce your chances of both pregnancy and STIs.



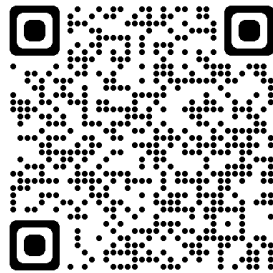
14.0

Resources

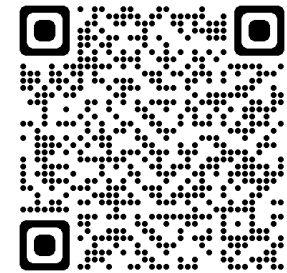
Find services and testing sites in your area:



Texas Department
of State Health
Services



Texas
Health and Human
Services
Or Call 211



Centers for Disease
Control and
Prevention (CDC)



14.0

Resources

To find STI services and testing sites in your area scan the QR codes.



Texas Department
of State Health
Services



Texas
Health and Human
Services
Or Call 211



Centers for Disease
Control and
Prevention (CDC)



- **Services offered:** STD/HIV testing and treatment, PrEP medication, free pregnancy testing, well-woman exams, birth control and more.
- **Eligibility requirements:** sites may provide free to low-cost services to U.S citizens, eligible immigrants, those without insurance or low income.

