

STD	What to Watch For	How You Get It	If You Don't Get Treated
<h2 style="color: red; text-align: center;">Chlamydia</h2>	<ul style="list-style-type: none"> • Symptoms show up 7-28 days after having sex • Chlamydia affects women and men. • Most women and some men have no symptoms • Women: • Discharge from the vagina. • Bleeding from the vagina between periods. • Burning or pain when you urinate. • Need to urinate more often. • Pain in abdomen, sometimes with fever and nausea. • Men: • Watery, white drip from the penis. • Burning or pain when you urinate. • Need to urinate more often. • Swollen or tender testicles. 	<ul style="list-style-type: none"> • Spread during vaginal. Anal or oral sex with someone who has chlamydia. 	<ul style="list-style-type: none"> • You can give chlamydia to your sex partner(s). • Can lead to more serious infection. Reproductive organs can be damaged. • Women and possibly men may no longer be able to have children. • A mother with chlamydia can give it to her baby during childbirth.
<h2 style="color: red; text-align: center;">Gonorrhea</h2>	<ul style="list-style-type: none"> • Symptoms show up 2-21 days after having sex. • Most women and some men have no symptoms. • Women: • Thick yellow or gray discharge from the vagina. • Burning or pain when you urinate or have a bowel movement. • Abnormal periods or bleeding between periods. • Cramps and pain in the lower abdomen (belly) • Men: • Thick yellow or greenish drip from the penis. • Burning or pain when you urinate or have a bowel movement. • Need to urinate more often. • Swollen or tender testicles. 	<ul style="list-style-type: none"> • Spread during vaginal, anal or oral sex with someone who has gonorrhea. 	<ul style="list-style-type: none"> • You can give gonorrhea to your sex partner(s). • Can lead to more serious infection. Reproductive organs can be damaged. • Both men and women may no longer be able to have children. • Can cause heart trouble, skin disease, arthritis and blindness. • A mother with gonorrhea can give it to her baby in the womb or during childbirth.
<h2 style="color: red; text-align: center;">Hepatitis B</h2>	<ul style="list-style-type: none"> • Symptoms show up 1-9 months after contact with the hepatitis B virus. • Many people have no symptoms or mild symptoms. • Flu-like feelings that don't go away. • Tiredness. • Jaundice (yellow skin). • Dark urine, light-colored bowel movements. 	<ul style="list-style-type: none"> • Spread during vaginal, anal or oral sex with someone who has hepatitis B. • Spread by sharing needles to inject drugs, or for any other reason. • Spread by contact with infected blood. 	<ul style="list-style-type: none"> • You can give hepatitis B to your sex partner(s) or someone you share a needle with. • Some people recover completely. • Some people cannot be cured. Symptoms go away, but they can still give hepatitis B to others. • Can cause permanent liver damage or liver cancer. • A mother with hepatitis B can give it to her baby during childbirth.

Herpes

- **Symptoms show up 1-30 days or longer after having sex.**
- Most people have no symptoms.
- Flu-like feelings.
- Small painful blisters on the sex organs or mouth.
- Itching or burning before the blisters appear.
- Blisters last 1-3 weeks.
- Blisters go away, but you still have herpes. Blisters can come back.

- Spread during vaginal, anal or oral sex, and sometimes by genital touching, with someone who has herpes.

- **You can give herpes to your sex partner(s).**
- Herpes cannot be cured, but medicine can help control it.
- A mother with herpes can give it to her baby during childbirth.

HIV/AIDS

- **Symptoms show up several months to several years after contact with HIV, the virus that causes AIDS.**
- Can be present for many years with no symptoms.
- Unexplained weight loss or tiredness.
- Flu-like feelings that don't go away.
- Diarrhea.
- White spots in the mouth.
- In women, yeast infections that don't go away.

- Spread during vaginal, anal or oral sex with someone who has HIV.
- Spread by sharing needles to inject drugs, or for any other reason.
- Spread by contact with infected blood.

- **You can give HIV to your sex partner(s) or someone you share a needle with.**
- HIV cannot be cured, but medicine can help control it. Can cause illness and death.
- A mother with HIV can give it to her baby in the womb, during birth or while breastfeeding.

HPV/Genital Warts

- **Symptoms show up weeks, months or years after contact with HPV**
- Many people have no symptoms.
- Some types cause genital warts:
- Small, bumpy warts on the sex organs and anus.
- Itching or burning around the organs.
- After warts go away, the virus sometimes stays in the body. The warts can come back.
- Some types cause cervical cancer in women:
- Cell changes on the cervix can only be detected by a Pap test from a health care provider.

- Spread during vaginal, anal or oral sex, and sometimes by genital touching, with someone who has HPV.

- **You can give HPV to your sex partner(s).**
- Most HPV goes away on its own in about 2 years.
- Warts may go away on their own, remain unchanged, or grow and spread.
- A mother with warts can give them to her baby during childbirth.
- Some types can lead to cervical cancer if not found and treated.

Syphilis

- **1st Stage:**
- **Symptoms show up 1-12 weeks after having sex.**
- A painless sore or sores on the mouth or sex organs.
- Sore lasts 2-6 weeks.
- Sore goes away, but you still have syphilis.
- **2nd Stage:**
- **Symptoms show up as the sore heals or after.**
- A rash anywhere on the body.
- Flu-like feelings.
- Rash and flu-like feelings go away, but you still have syphilis.

- Spread during vaginal, anal or oral sex, and sometimes by genital touching, with someone who has syphilis.

- **You can give syphilis to your sex partner(s).**
- A mother with syphilis can give it to her baby during pregnancy or have a miscarriage.
- Can cause heart disease, brain damage, blindness and death.

Trichomoniasis ("Trich")

- **Symptoms show up 5-28 days after having sex.**
- Affects both women and men.
- Many people have no symptoms.
- **Women:**
 - Itching, burning or irritation in the vagina.
 - Yellow, greenish or gray discharge from the vagina.
- **Men:**
 - Watery, white drip from the penis.
 - Burning or pain when you urinate.
 - Need to urinate more often.

- Spread during vaginal sex.

- **You can give trich to your sex partner(s).**
- Uncomfortable symptoms will continue.
- Men can get infections in the prostate gland.

Even without symptoms, an STD can cause problems. You can have an STD and not know it. **The only way to find out for sure is to get tested.**

WHAT DO I DO?

Get Checked—Testing Is Easy

- If you have sex, talk to your health care provider about getting tested. **Get tested regularly.**
- If you have any STD symptoms, get tested. You can go to your regular doctor or go to gettested.cdc.gov to find a clinic near you.
- If you feel nervous talking about STD, remember—most people who have sex get an STD at some point. STD testing is a normal part of health care.

Get Treated—It Works

- Many STDs can be cured with antibiotics. Follow all the directions.
- All STDs can be treated. Treatment will help you feel better and stay healthier. It also makes it harder to spread STD to a partner.
- Tell your sex partner or ask the clinic to tell them. They need to get tested and treated too.

HOW DO I PROTECT MYSELF?

Not having sex is the surest way to protect yourself from an STD. But many people choose to have sex! Having safer sex is a great way to protect yourself and your partner.

Safer Sex

- Latex condoms and dental dams will protect you from STDs most of the time. Using them when you have vaginal, oral or anal sex is a great way to protect yourself.
- Soft plastic condoms work well and you can use them if you're allergic to latex. These come in external and internal styles.
- Try using water based or silicone lubes with condoms—lube can help sex feel better and protect condoms from breaking.

Follow the link to watch a video on how to put on a male condom.

<http://www.etr.org/videos/how-to-use-a-condom/>

Follow the link to watch a video on how to use a female condom.

<https://www.youtube.com/watch?v=LJZOCdmnvmc>

Follow the link to watch a video on how to safely use Dental Dam.

<https://www.youtube.com/watch?v=W8cVBY-hvLM>

WANT A FREE HIV SELF-TEST?

Support:
628-899-4662

It's Fast, Free & Discreet



All you need to do is fill out your shipping info with an Arkansas zip code and in one to three days, you will receive a discreet package in the mail with your test kits and instructions

WWW.TAKEMEHOME.ORG

PrEP 101

If you don't have HIV but are at risk, PrEP can help you stay free from HIV.

What is PrEP?

- PrEP (pre-exposure prophylaxis) can be pills or a shot that reduces your chances of getting HIV.
- PrEP can stop HIV from taking hold and spreading throughout your body.
- Only condoms protect against other STDs like syphilis and gonorrhea.

Is PrEP right for you?

PrEP can help protect you if you **DON'T** have HIV and **ANY** of the following apply to you.

- **You have had anal or vaginal sex in the past 6 months and**
 - Have a sexual partner with HIV (especially if the partner has an unknown or detectable viral load).
 - Have not consistently used a condom, or
 - Have been diagnosed with an STD in the past 6 months
- **You inject drugs and**
 - Have an injection partner with HIV or
 - Share needles, syringes, or other drug injection equipment (for example, cookers).
- **You have been prescribed PEP (post-exposure prophylaxis) and**
 - Report continued risk behavior, or
 - Have used multiple courses of PEP.

To get your free PrEP, visit [Engaging Arkansas Communities - Q Care Plus](#)