

YOU CAN AVOID GETTING AN STI BY:

- A– Abstaining from sex
- B– Be mutually monogamous
- C- Correct and consistent condom use and other safer sex techniques
- D– Don't use drugs and don't share syringes when injecting drugs

WHAT IS SAFER SEX?

Safer sex are sexual activities that does not allow the exchange of semen, blood and vaginal fluids. Examples are:

- Kissing
- Hugging
- Touching
- Massaging

STIs are preventable.
Remember, you are in control.

For more information about STIs and HIV/AIDS, please visit:

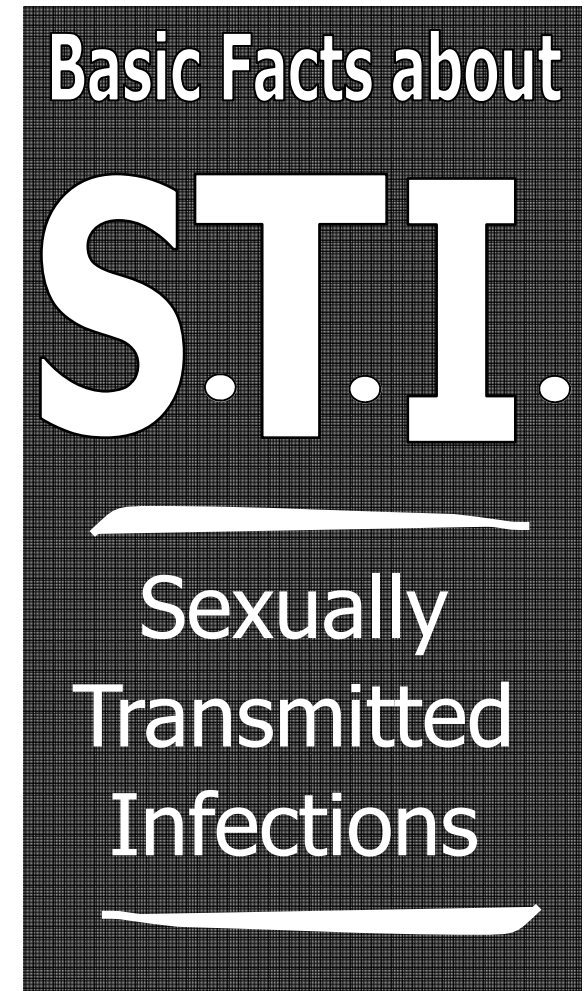
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WHAT are STIs?

STI stands for:

- S** - Sexually
- T** - Transmitted
- I** - Infections

STIs are infections that are primarily transmitted through unprotected sexual intercourse such as:

- Vaginal Sex
- Anal Sex
- Oral sex

Transmission occurs through the exchange of body fluids from an Infected person to another.

Examples of STIs

- Gonorrhea
- Chlamydia
- Syphilis
- Genital Herpes
- Genital Warts
- Hepatitis B
- HIV Infection
- Pubic Lice
- Scabies

COMMON SIGNS and SYMPTOMS of STIs

WOMEN

- Unusual discharge from the vagina
- Sores, blisters or lesions in or near the genital area
- Burning sensation during urination
- Pain in the lower abdomen
- Pain during sexual intercourse

Most women do not experience any symptoms even if they have an STI.

MEN

- Discharge or drip from the penis
- Sores, blisters or lesions in or near the genital area
- Burning sensation during urination
- Swollen scrotum

REMEMBER!!!

- Most STIs can be cured such as gonorrhea, chlamydia, syphilis, scabies and pubic lice

- Some STIs can be treated but cannot be cured such as hepatitis B, HIV infection, and genital warts
- If left untreated, STIs may lead to complications such as ectopic pregnancy, infertility, cancer and even death
- Do not self-medicate, you may be taking the wrong medicine
- Consult a doctor or health for proper diagnosis and treatment
- Avoid having sex or practice safer sex while on medication

YOUR RISK OF GETTING INFECTED WITH AN STI INCREASES WHEN:

- You have multiple sex partners
- Your partner has multiple sex partners
- Your partner is infected with an STI