

**For more information about STI's & STD's, visit [Planned Parenthood](#).**

**STI:** Sexually Transmitted Infections are bacteria cell growths causing infections and can be treated with antibiotics.

**Prevention:** Get tested at your Doctor's office, [local clinics](#) and [SFSU Student Health Services](#). Use barrier methods during sexual activity.

### **Chlamydia**

**How Do You Get It?** Through unprotected vaginal, anal, and oral sex as it is transmitted through sexual fluids (semen, vaginal).

**Treatment:** Antibiotics prescribed by a physician

**Symptoms:** *Usually symptoms aren't present.* Possible ones may include:

- Pain during urination and sex
- Abnormal vaginal discharge, yellow/green in color

### **Gonorrhea**

**How Do You Get It?:** Through unprotected vaginal, anal, and oral sex as it is transmitted through sexual fluids (semen, vaginal).

**Treatment:** Antibiotics prescribed by a physician.

**Symptoms:** *Usually symptoms aren't present.* Possible ones may include:

### **Syphilis**

**How Do You Get It?** The infection spreads through sexual skin-to-skin contact, such as unprotected vaginal, anal, and oral sex, with someone who has it.

**Treatment:** Antibiotics prescribed by a physician.

**Symptoms:** *Usually symptoms aren't present.* Possible ones may include:

- Sores on vulva, vagina, anus, penis, or scrotum
- Rash on palms or soles of feet

**STD:** Sexually Transmitted Diseases are bacterial infection which develops into viral infections when the cell growth mutates and cannot be treated with antibiotics but prescribed medication to maintain and control the disease from developing any further.

**Prevention:** Get tested at your Doctor's office, [local clinics](#) and [SFSU Student Health Services](#). Use barrier methods during sexual activity.

### **Herpes (Genital & Oral)**

**How Do You Get It?** Spread through skin-to-skin contact with infected areas, often during unprotected vaginal, anal, and oral sex, and kissing.

**Treatment:** There is no cure, but medications are available to reduce the number of outbreaks. Click [here](#) to learn about treating symptoms and managing the infection.

**Symptoms:** *Usually symptoms aren't present.* Possible ones may include:

- Fever, chills, and other flu-like symptoms
- Itchy/painful blisters on vagina, vulva, penis, butt, anus, or inner thighs
- Body aches & swollen glands

## Human Papillomavirus (HPV):

### How Do You Get It?

Spread through sexual skin-to-skin contact with someone who has it. This can be when a vulva, vagina, penis, or anus touches someone else's genitals or mouth and throat.

**Prevention:** Vaccines are available to prevent against some types of HPV. Click [here](#) to learn more.

**Treatment:** There is not treatment for HPV itself. Click [here](#) to learn more.

**Symptoms:** Unfortunately, most people won't have symptoms until infection has caused more serious health problems. A Pap test can detect abnormal cells in the cervix. There isn't a test for detecting HPV in the vulva, penis, anus, or throat.

## Vaccinations

### HIV (Human Immunodeficiency virus)

#### How Do You Get It?

HIV is passed through semen, vaginal fluids, blood, and breast milk. This can happen by having unprotected vaginal or anal sex, and sharing needles or syringes.

**Treatment:** There is no cure for HIV, but there are medications available to lower amount of HIV in the blood. These medications are called antiretroviral therapy (ART), and it's a combination of different drugs as prescribed by a physician.

**Symptoms:** *Usually symptoms aren't present.* Possible symptoms include:

- flu-like symptoms, which may last for only a few weeks & may not appear again for years

**Prevention:** Because symptoms can take years and years to develop, it is important to get tested regularly, especially after having unprotected sex, sharing needles, or when you change sexual partners.

**Prep:** using barrier methods during sexual activity

- Transmission of infection is through unprotected oral, vaginal and anal sex as well as transmission to newborn child through childbirth, breast milk, bodily fluids, blood transfusion, shared needles and syringes and can develop into AIDS.

[Youtube video: HIV/AIDS; <https://www.youtube.com/watch?v=FDVNdn0CvKI> ]

### AIDS (Acquired Immune Deficiency Syndrome)

**How Do You Get It?** AIDS is caused by damage to your immune system from HIV. Important to note that everyone who has HIV doesn't have AIDS, but everyone who has AIDS has HIV.

**Treatment:** No cure for AIDS, but there are medications such as [HARRT](#) to control the virus.

**Symptoms:** Since HIV breaks down the immune system overtime, eventually your body may become susceptible to rare infections or types of cancer. Therefore, there could be many signs HIV has advanced into AIDS. If you test positive for HIV, consult a physician about your treatment plan and symptoms to look out for.