

# **Sexual Transmitted Infections Health Care Guide**

By  
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## What is an STI?

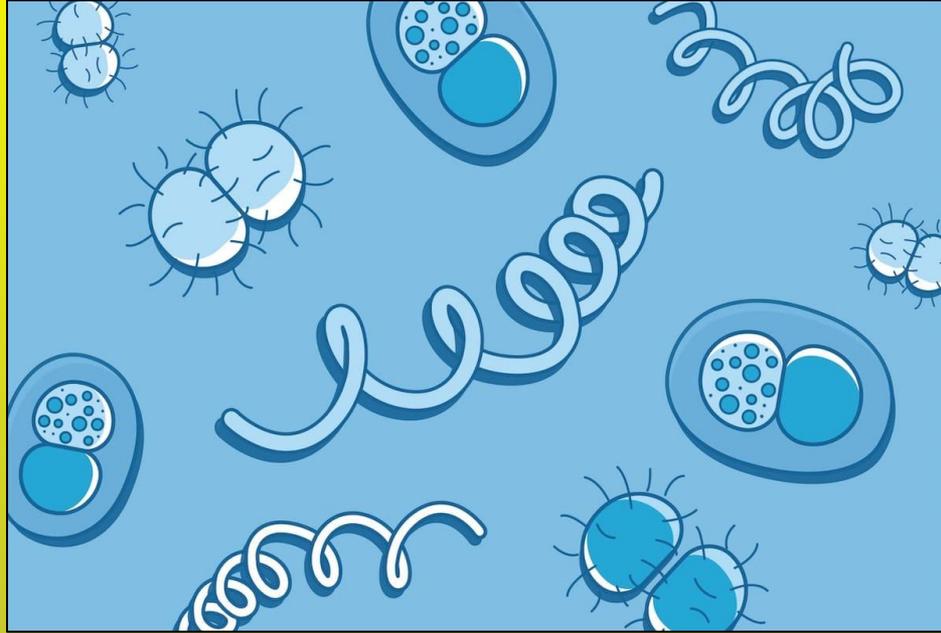
- **Definition:** STI stands for Sexually Transmitted Infections, either bacterial or viral, caused by contact through unprotected sex.

### QUICK LINKS:

- <https://health.sfsu.edu/campus-resources>
- <https://www.plannedparenthood.org/learn/stds-hiv-safer-sex>



# Bacterial STI's



## **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:

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

## **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.

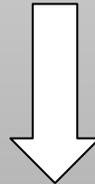
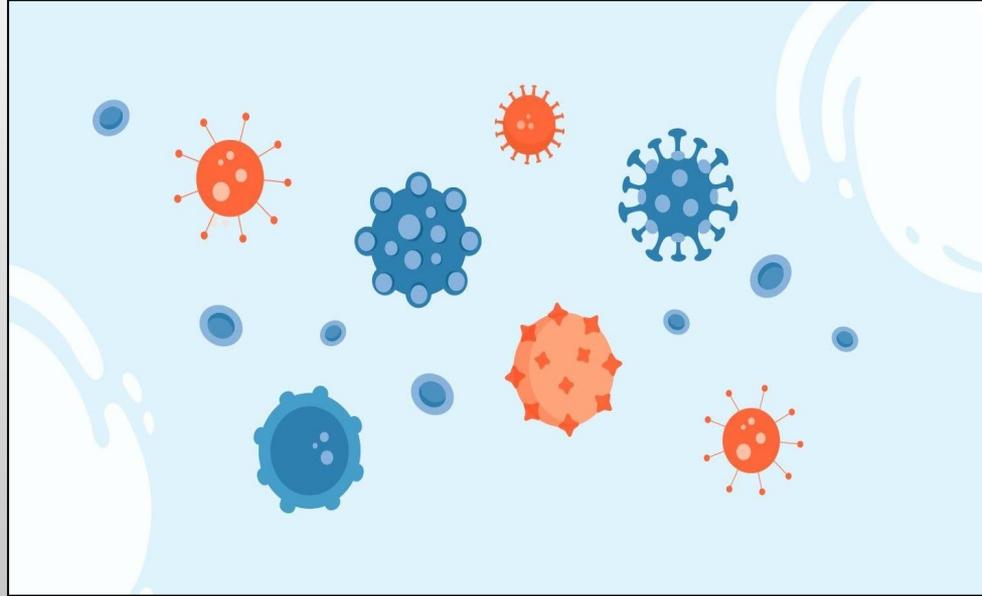
**Treatment:** Antibiotics prescribed by a physician.

**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.

# Viral STI's



**Click here to learn about treating symptoms and managing the infection.**

- <https://www.plannedparenthood.org/learn/stds-hiv-safer-sex/herpes/how-do-i-get-treatment-for-herpes>

## **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.

**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.

**Treatment:** There is not treatment for HPV itself

## Symptoms:

- Unfortunately, most people won't have symptoms until the 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.

Click here to learn more.

- <https://www.plannedparenthood.org/learn/stds-hiv-safer-sex/hpv/should-i-get-hpv-vaccine>
- <https://www.plannedparenthood.org/learn/stds-hiv-safer-sex/hpv/how-hpv-treated>
- [https://www.cdc.gov/hpv/parents/vaccine-for-hpv.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fhpv%2Fparents%2Fvaccine.html](https://www.cdc.gov/hpv/parents/vaccine-for-hpv.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fhpv%2Fparents%2Fvaccine.html)

# 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 reduce risk of transmission. These medications are called antiretroviral therapy (ART), and are a combination of different medications as prescribed by a physician.

\*Currently some only require to take one pill a day or (shot)

**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. If not treated it can worsen developing into AIDs.

- **Prep:** PrEP (pre-exposure prophylaxis) That means taking prescription medicine every day before you come in contact with HIV to help reduce the risk of getting it.
- **PEP:** PEP (post-exposure prophylaxis) means taking medicine to prevent HIV after a possible exposure. Within 72hrs.

# **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 HAART 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.

Links: (Youtube video: HIV/AIDS)

<https://www.youtube.com/watch?v=FDVNdn0CvKI>

(What Is HAART?)

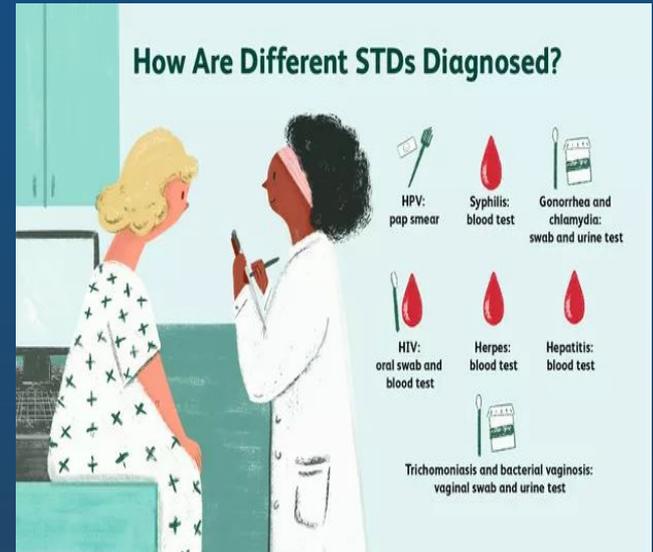
<https://www.drugabuse.gov/publications/research-reports/hiv/aids/what-haart>

## For Your Information:

- Types of STI testing include: Oral, Anal and Vaginal Swabs, Blood Testing, and Urine Samples.
- If unable to notify others safely you can anonymously tell partners using free online platforms like ([TellYourPartner.org](https://www.tellyourpartner.org)) or asking your primary physician for help.
- Getting the HPV vaccine protects you against strains of the virus that cause genital warts and cervical / other cancers.
- It is possible to have more than one STI at a time.
- Most people show no symptoms

### Where can I get more Info?

- <https://www.cdc.gov/std/hiv/stdfact-std-hiv-detailed.htm>
- <https://www.cdc.gov/STD>
- <https://www.cdc.gov/std/hiv/default.htm>



## **Resources:**

- **American Social Health Organization**
- **Centers for Disease Control and Prevention: HIV/AIDS**
- **Centers for Disease Control and Prevention: HPV Vaccine Information**
- **Centers for Disease Control and Prevention: STDs**
- **Herpes Resource Center**
- **HIV/AIDS Treatment Information Service**
- **I Wanna Know**
- **MedlinePlus STI Information**
- **National AIDS Hotline**
- **Planned Parenthood**
- **National STD Hotline: 800-227-8922; 800-344-7432 (Spanish)**