

## Risks

What puts me at risk for getting a Sexually Transmitted Infection (STI)?

- Vaginal, oral, or anal sex with a person who has an STI
- Skin to skin contact with a person who has an STI
- Infested towels or bedding (with lice and scabies)
- Sharing infected needles for piercing, tattoos or injecting drugs, steroids, or hormones

## Infections

What can I do to avoid getting infected?

- Talk to your partner about possible STI exposure
- Use latex condoms (or polyurethane), dental dams, latex gloves, or receptive condoms.
- Get checked for STIs by a doctor
- Know signs and symptoms of STIs
- Treat partners and avoid sex until infection is cured
- Avoid being sexually active

## Safety

What should I ask my partner?

- If they have possibly been exposed to an STI
- Last time they were checked for STIs
- Protection and what to use
- Possible symptoms and problems
- Precautions and risks of activities

## Ask

What should I ask my doctor?

- Describe your symptoms
- Give your sexual history
- Explain what you're worried about
- Point out any unusual sores, bumps, or rashes
- Describe any pain, itching or redness

## Symptoms

What are some general STI symptoms?

- Sores, bumps, or blisters around genitals or mouth
- Burning or pain when peeing
- Need to pee often
- Itching, redness, or swelling in or around your genitals
- Swelling or redness in throat
- Fever, chills, and aches like having the flu

## Cautions

What should I watch for?

- Unusual vaginal discharge or smell
- Watery white discharge from penis
- Burning or itching around vagina
- Thick yellowish discharge (pus) from penis
- Bleeding, not from period
- Any other unusual drip or discharge from penis
- Pain deep inside when having sex
- Pelvic pain, different from menstrual cramps

## Get Tested

What should I do when I have no symptoms?

When you suspect that you might have contracted an STI, for any reason, you should get checked by a doctor. Many STIs don't have noticeable symptoms, or take time before symptoms appear. Getting tested can protect you and your partner.

## Prevention

What kind of protection is most effective for preventing STIs?

Use condoms or dental dams with water-based lubricants during sex acts because they won't erode the latex like oil-based lubricants.

What activities should I be careful about?

Sexual contact in which vaginal fluid, semen, or menstrual blood may be shared. Also, skin to skin contact can put you at risk for herpes, crabs or warts.

## Protection

What should I use for protection during oral sex?

For fellatio (mouth on a penis), condoms should be used. Other types of sex acts, such as cunnilingus (mouth on a vagina) or rimming (mouth on an anus) need a dental dam.

How do I make a dental dam?

1. To make a dental dam from a condom:
2. Remove condom from package.
3. Cut condom from opening to tip.
4. Spread condom open into a sheet.
5. Place side with most lubricant against skin.
6. Use a new dental dam for each oral, anal, or vaginal sex act.

***~ If the condom is flavored, you want the lubricant to be away from the skin because the sugars in the flavored lubricant can cause irritation in the vagina or anus. ~***

How do I use a condom?

1. Remove condom from package.
2. Before sexual contact, when penis is hard, squeeze the tip of the condom to remove air.
3. Place the condom on the tip of the penis and roll it down all the way.
4. After ejaculation, hold the rim of the condom and withdraw while still hard.
5. Wash any areas that came in contact with bodily fluids.
6. Use a new condom before each sex act.

Have a Question?

Contact us at 612-825-2000 or  
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# Infections

## What is an STI?

STIs to Sexually Transmitted Infections are the same thing as STDs or Sexually Transmitted Diseases. STIs are passed during sex and other close body contact. Most symptoms appear in the genital area but many can affect your entire body. All are treatable and many but not all, are curable. Untreated, all STIs can have serious health effects.

# Consequences

## What health problems can STIs cause?

Left untreated, STIs can:

- Cause damage to reproductive organs
- Lead to infertility in men and women
- Continue to spread through sex partners and shared needles for injection drug use, piercing, or tattoos
- Cause damage to the heart, joints or liver, brain damage or death

# Acting

## What should I do when I might have an STI?

Get tested immediately. Go to a doctor or a health clinic and get checked for STIs. Be honest about your sexual background and share any information that could be important.

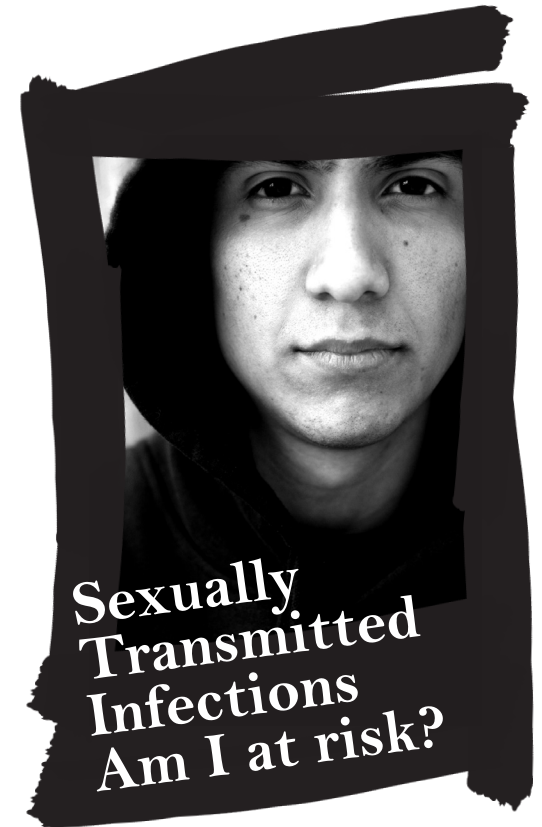
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