



Sexually Transmitted Infection (STI) Fact Sheet

All individuals who are sexually active are at risk for acquiring an STI. This sheet reviews common STIs and their symptoms. Abstinence is the only way to 100% prevent an STI, however, if you are sexually active using condoms and asking about your partner's sexual history can reduce the risk of getting an STI.

STI	Symptoms to Watch For	How Do You Get This STI?	What Happens If You Don't Get Treated?
Chlamydia	<p>Women: vaginal discharge, vaginal bleeding, burning/pain during urination, abdominal pain, frequent urination</p> <p>Men: watery, white discharge or "drip" from penis, burning/pain during urination, frequent urination, tender/swollen testicles</p>	Vaginal, oral, or anal sex	<ul style="list-style-type: none"> You can give it to your sexual partner(s) Can lead to more serious infections like Pelvic Inflammatory Disease (PID) Can lead to infertility Can be passed to child during childbirth
Gonorrhea	<p>Women: thick white or yellow vaginal discharge, burning/pain with urination or bowel movements, abnormal periods, cramps, abdominal pain.</p> <p>Men: Thick yellow or white discharge from penis, frequent urination, pain during urination</p>	Vaginal, oral, or anal sex	<ul style="list-style-type: none"> You can give it to your sexual partner(s) Can lead to more serious infections like Pelvic Inflammatory Disease (PID) Can lead to infertility Can be passed to child during childbirth
Herpes	<ul style="list-style-type: none"> Small, painful blisters on mouth or sex organs Burning/itching prior to blisters Flu-like symptoms Blisters typically last 1-3 weeks 	Vaginal, oral, or anal sex	<ul style="list-style-type: none"> You can give it to your sexual partner(s) Can be passed to child during childbirth
Hepatitis B & C	<ul style="list-style-type: none"> Constant flu-like symptoms Fatigue (tiredness) Jaundice (yellow skin) Dark urine & light colored bowel movements 	<p>Vaginal, oral, or anal sex</p> <p>Sharing needles (IV drug use)</p>	<ul style="list-style-type: none"> You can give it to your sexual partner(s) or those with whom you are sharing needles Can lead to permanent liver damage Can be passed to child during childbirth
Syphilis	<p>First Stage: Painless reddish-brown sores on the mouth, sex organs, breasts, or fingers</p> <p>Second Stage: Rashes anywhere on body, flu-like symptoms</p>	Vaginal, oral, or anal sex	<ul style="list-style-type: none"> You can give it to your sexual partner(s) Can be passed to child during childbirth Can lead to miscarriage Can lead to heart failure, brain damage, blindness, and death

STI	Symptoms to Watch For	How Do You Get This STI?	What Happens If You Don't Get Treated?
HIV/AIDS	<ul style="list-style-type: none"> • Symptoms can appear several months to years after contracting the virus • Weight loss & fatigue • Persistent flu-like symptoms • Diarrhea • Constant yeast infections • White spots in mouth 	<p>Vaginal, oral or anal sex</p> <p>Sharing needles (IV drug use)</p> <p>Contact with infected blood or bodily fluids</p>	<ul style="list-style-type: none"> • You can give it to your sexual partner(s), or those with whom you share needles • HIV, if left untreated will develop into AIDS • Can be passed to child during childbirth • Death
Human Papilloma Virus (HPV)	<ul style="list-style-type: none"> • Most women and men have no outward symptoms • HPV is typically not detected until a woman has an abnormal pap smear • Genital warts 	Vaginal, oral, or anal sex	<ul style="list-style-type: none"> • You can give it to your sexual partner(s). HPV is one of the most transmittable STIs • Can lead to cervical cancer in women if left untreated
Vaginitis ("Trich")	<ul style="list-style-type: none"> • Vaginal itching, burning or pain • Heavy vaginal discharge • Vaginal discharge with color or odor 	<p>Vaginal, oral, or anal sex</p> <p>Men can be carriers, but don't have symptoms</p>	<ul style="list-style-type: none"> • You can give it to your sexual partner(s) • Persistent uncomfortable symptoms • Men can get infections in the urethra or prostate gland

STI Prevention

- Abstinence is the only 100% way to prevent an STI.
- ALWAYS use condoms for ALL types of sex.
- Practice mutual monogamy and/or reduce your number of partners.
- Talk to your partner(s) about their sexual history.
- Examine your partner(s) for STI symptoms (blisters, rashes, or unusual discharge, etc.) before having sex.
- Get vaccinated against hepatitis B and HPV.
- Frequent STI testing for you and your partner(s).

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