



Be Safe: Protect Yourself from **STIs**

Plan for Success

Sexually transmitted infections (STIs) may or may not have signs or symptoms. You could have an STI and not know it. When symptoms occur, common ones are:

- Pain, irritation, and/or sores in the genital area
- An unusual discharge from the vagina or penis
- Burning feeling or pain when urinating
- Pain in the abdomen

Use a latex (preferred) or polyurethane (if allergic to latex) condom every time you have sex (vaginal, anal, or oral) if you or your partner is or might be infected with an STI.

Condoms can reduce the risk of spreading STIs when used the correct way and for every sex act.

Condoms do not get rid of the risk of STIs entirely. If you use a lubricant, use a water-based one. Oil-based or petroleum ones can damage condoms and encourage infections to grow.

Educate yourself about prevention, diagnosis, and treatment for different STIs.

Some STIs (Chlamydia, gonorrhea, syphilis, and bacterial vaginosis) are caused by bacteria. Antibiotics can treat these.

See your health care team to discuss your risk. Get tested and follow treatment measures, as advised.

