

**YOU CAN AVOID GETTING AN STI BY:**

- A– Abstaining from sex
- B– Be mutually monogamous
- C- Correct and consistent condom use and other safer sex techniques
- D– Don't use drugs and don't share syringes when injecting drugs

**WHAT IS SAFER SEX?**

Safer sex are sexual activities that does not allow the exchange of semen, blood and vaginal fluids. Examples are:

- Kissing
- Hugging
- Touching
- Massaging

**STIs are preventable.**  
**Remember, you are in control.**

For more information about STIs and HIV/AIDS, please visit:

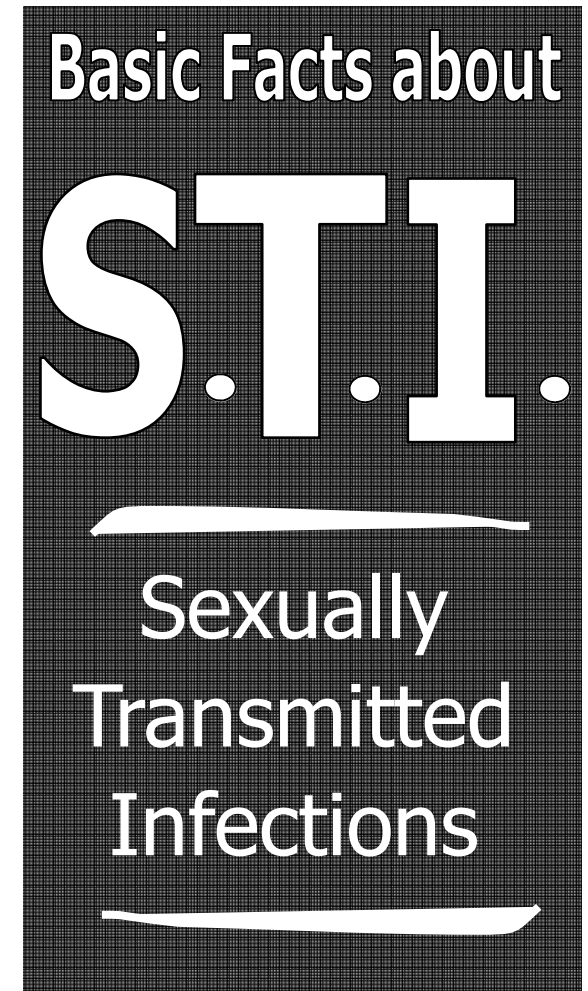
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ALLIATING POVERTY • IMPROVING HEALTH • PROMOTING ENVIRONMENTALLY SUSTAINABLE DEVELOPMENT

## WHAT are STIs?

### STI stands for:

- S** - Sexually
- T** - Transmitted
- I** - Infections

STIs are infections that are primarily transmitted through unprotected sexual intercourse such as:

- Vaginal Sex
- Anal Sex
- Oral sex

Transmission occurs through the exchange of body fluids from an Infected person to another.

### Examples of STIs

- Gonorrhea
- Chlamydia
- Syphilis
- Genital Herpes
- Genital Warts
- Hepatitis B
- HIV Infection
- Pubic Lice
- Scabies

## COMMON SIGNS and SYMPTOMS of STIs

### WOMEN

- Unusual discharge from the vagina
- Sores, blisters or lesions in or near the genital area
- Burning sensation during urination
- Pain in the lower abdomen
- Pain during sexual intercourse

*Most women do not experience any symptoms even if they have an STI.*

### MEN

- Discharge or drip from the penis
- Sores, blisters or lesions in or near the genital area
- Burning sensation during urination
- Swollen scrotum

### REMEMBER!!!

- Most STIs can be cured such as gonorrhea, chlamydia, syphilis, scabies and pubic lice

- Some STIs can be treated but cannot be cured such as hepatitis B, HIV infection, and genital warts
- If left untreated, STIs may lead to complications such as ectopic pregnancy, infertility, cancer and even death
- Do not self-medicate, you may be taking the wrong medicine
- Consult a doctor or health for proper diagnosis and treatment
- Avoid having sex or practice safer sex while on medication

### YOUR RISK OF GETTING INFECTED WITH AN STI INCREASES WHEN:

- You have multiple sex partners
- Your partner has multiple sex partners
- Your partner is infected with an STI