



GET THE FACTS ABOUT

# STIs

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# WHAT IS AN STI?

STi stands for sexually transmitted infection. You may have heard them called STDs which stands for sexually transmitted disease. Both terms are used interchangeably but mean the same thing. They are infections transferred from one person to another through sexual contact.

## What causes STIs?

STIs are caused by bacteria, viruses, parasites, or protozoa. STIs can sometimes be present without any symptoms. In order to know if you have an STI, a healthcare provider will need to run tests to find the best treatment.

## Common Symptoms

- No symptoms
- Pain or burning when urinating
- Pain during sex
- Flu-like symptoms such as colds, chills, and fever
- Lower abdominal pain
- Unusual or odd-smelling vaginal discharge
- Discharge from the penis
- Warts or bumps on the genitals or in the oral or rectal area

# TREATING STDs

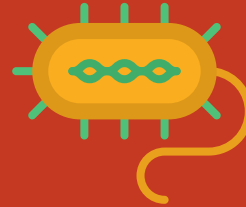
## | BACTERIAL INFECTIONS

Bacterial infections can be cured with antibiotics. However, finding the infection early is important. Antibiotics may be given as pills, creams, or shots. Some examples of bacterial infections are:

**Gonorrhea**

**Chlamydia**

**Syphilis**



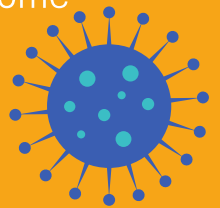
## | VIRAL INFECTIONS

Like the common cold, viruses can't be cured by antibiotics, but finding the infection early is important to help control the infection. Some examples of viral infections are:

**Genital Herpes**

**Human Papilloma Virus (HPV)**

**Human Immunodeficiency Virus (HIV)**



## | PARASITIC INFECTIONS

Parasitic infections can be cured with antibiotics or medicated shampoos and lotions. Some examples of parasitic infections are:

**Pubic lice ("crabs")**

**Scabies**



## | PROTOZOAN INFECTIONS

Protozoan infections can usually be cured with antibiotics or antiprotozoal medications. It is important to get treated even if symptoms go away. An example of a protozoan infection is:

**Trichomoniasis ("trich")**



# OTHER INFECTIONS

There are other common infections that are not considered STDs. Among those infections are yeast infections and bacterial vaginosis (BV). These infections are due to an overgrowth of microorganisms already present in the genitals.

## **Candidiasis**

Candidiasis, also known as thrush or yeast infection, is caused by an overgrowth of naturally occurring yeast in the vagina called *Candida albicans*.

About 75% of women get a yeast infection in their lifetime. Yeast infections occur when the vagina's natural chemistry is thrown off which can be due to antibiotics, a weak immune system, or a natural reaction to another person's genital chemistry. Although rarer, men can also get yeast infections.

## **Bacterial Vaginosis**

Just like healthy vaginas have healthy occurring yeast, healthy vaginas also have healthy occurring bacteria. Bacterial vaginosis (BV) is caused by the overgrowth of naturally occurring bacteria in the vagina. Anything that messes with the vagina's pH can cause BV- like douching, using deodorants, and other irritating products. Having a new partner or multiple partners can increase your risk of BV. Sex leads to BV if your partner's genital chemistry changes the balance in the vagina and causes bacteria to grow.

Yeast infections and BV can have symptoms that are similar to STDs such as itching, irritation, and abnormal discharge. Yeast infections can be cleared with an anti-fungal, while BV can be treated with antibiotics. Medications for yeast infections and BV have to be prescribed by a healthcare provider so it is ALWAYS important to get checked.

# GETTING TESTED

***Finding out early gives you the best chance of curing or controlling an infection.***

**If not treated in time, infections can cause some of the following problems:**

- Permanent damage to the reproductive parts which can make it hard to have a baby later.
- Cancers of the cervix, anus, or penis
- Death

## ***Where to get tested***

- Public Health Clinics
- Family Planning Clinics
- Hospital Emergency Rooms
- Tribal Health Clinics



Or visit <https://gettested.cdc.gov/> and type in your zip code to find the clinic closest to you.

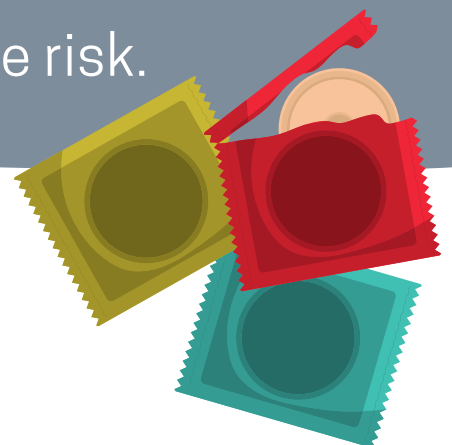
# ***PROTECT YOURSELF***

**Had sex?**

Get  
tested.

**If you choose to have sex, ALWAYS use a condom.**

Condoms won't prevent everything all the time, but they will prevent MOST infections MOST of the time. If you decide to have sex, have a condom ready. If your partner doesn't agree to use a condom, don't be afraid to say no. Your health and safety are not worth the risk.



# RESOURCES

[www.iknowmine.org](http://www.iknowmine.org)

[www.wernative.org](http://www.wernative.org)

[www.healthynativeyouth.org](http://www.healthynativeyouth.org)

[www.sexetc.org](http://www.sexetc.org)

[www.plannedparenthood.org](http://www.plannedparenthood.org)

[/learn/stds-hiv-safer-sex](http://www.plannedparenthood.org/learn/stds-hiv-safer-sex)

CDC National STD  
Hotline

1- 800-232-4636

**Planned Parenthood**

**830-230-PLAN**

**for the nearest location**

