Practice Abstinence
The surest way to avoid STDs is to not have sex.
This means not having vaginal, oral, or anal sex.

Have Fewer Partners
Agree to only have sex with one person who agrees to only have sex with you.
Make sure both of you get tested to know for sure that neither of you has an STD. This is one of the most reliable ways to avoid STDs.

Talk With Your Partner
Talk with your sex partner(s) about STDs and staying safe before having sex.
Why take a chance when we can know for sure?
Let’s both get tested together!
It might be uncomfortable to start the conversation, but protecting your health is your responsibility.

Use Condoms
Using a condom correctly every time you have sex can help you avoid STDs.

Get Vaccinated
The most common STD can be prevented by a vaccine.
The HPV vaccine is safe, effective, and can help you avoid HPV-related health problems like genital warts and some cancers.
Who should get the HPV vaccine?
Routine vaccination for boys & girls ages 11 to 12
Catch-up vaccination for:
Most people claimed that they used a condom the first time they ever had sex, but when asked about the last 4 weeks, less than one quarter said they used a condom every time.

Get Tested
Many STDs don't have symptoms, but they can still cause health problems.

If You Test Positive...
Getting an STD is not the end!
Many STDs are curable and all are treatable.
If either you or your partner is infected with an STD that can be cured, both of you need to start treatment immediately to avoid getting re-infected.