

## What are the symptoms of STIs?

Most people don't have any symptoms of an STI and feel totally healthy, so they often don't know they are infected. That's why STI testing is important.

If you have symptoms of an STI, you may experience:

- Burning when you pee
- Discharge from the vagina, penis, or rectum
- Bleeding between periods
- Pain in your abdomen and/or genitals
- Anal itching and/or bleeding
- Pain while pooping
- Sores on your mouth, lips, or genitals, and/or
- Weakness, tiredness, or getting sick more often

## How can I know if I have an STI?

The only way to know if you have an STI is by getting tested.

## Can STIs be cured?

Some STIs are completely curable. Others are treatable but not curable. If you have an STI, talk with your health provider about what options are available to you.



## Should I get tested for STIs?

**Yes** – if you have sex, you should get tested. Getting tested for STIs is important - it's the first step to feeling better if you're having symptoms. And many STIs don't have symptoms, so getting tested regularly will give you peace of mind.

Testing is easy and treatment is quick! For peace of mind, talk with your provider or local Tribal health facility for more information about STI testing and treatment resources near you.



# INFECTIONS THAT CAN SPREAD THROUGH SEX



### Sources:

Centers for Disease Control and Prevention. (n.d.). The lowdown on how to prevent STIs. Centers for Disease Control and Prevention. Retrieved January 9, 2023, from <https://www.cdc.gov/STI/prevention/lowdown/>

## What are they?

Sexually transmitted diseases (STDs), sometimes called STIs, are infections that spread through sex. Some STIs, like HIV, can also spread through needles or piercing and tattooing equipment.

STIs are SUPER common, and many people who have them don't have any symptoms. Without treatment, most STIs can lead to serious health problems. But the good news is that getting tested is simple, and most STIs are easy to treat.

## STIs and pregnancy

Many STIs can be passed from a pregnant person to their baby.

This can cause serious life-long health problems for the baby. That's why it's important for pregnant people to get tested for STIs.

## Everyday contact does NOT spread most STIs

Typically, you CAN'T get an STI through everyday contact with others, including:

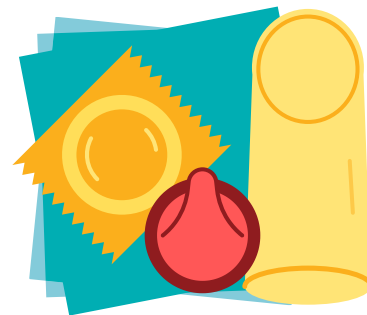
- Holding hands or hugging
- Coughing or sneezing
- Sitting on toilet seats
- Swimming in public pools, or
- Sharing food or drinks

## Are you at risk for an STI?

Anyone who is sexually active can get an STI through vaginal, anal, and/or oral sex.

## How can I prevent getting an STI?

Some STIs are spread through semen (cum), pre-cum, vaginal fluids, and blood. Others spread through skin-to-skin contact. So, practicing safer sex is important – whether you are having oral, anal, or vaginal sex. You can also protect yourself by learning about the most common STIs and taking steps to protect yourself.



## Getting Tested

Testing for STIs often involves a quick blood test or swab of your mouth, penis, vagina, and anus (if you have anal sex). It might also involve peeing in a cup.

STI testing is usually quick and easy. Plus, the sooner you know you have an STI, the quicker you can get treated.

To get tested, contact your local Tribal clinic, IHS facility, or visit a local clinic.



## Contact Us

Native American Community Clinic

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### Website:

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