

STI Prevention

Definition

- STI stands for Sexually Transmitted Infection.
- STD stands for Sexually Transmitted Disease. It's an older term and means the same thing.
- Some STIs cause serious complications. Do everything you can to prevent them.

Health Information

Types of STIs

- A sexually transmitted infection (STI) is one that is spread through sexual intercourse. That includes vaginal, anal or oral sex.
- Examples of STIs include chlamydia, gonorrhea, genital herpes, HIV, genital warts, and trichomonas.
- Some STIs can be cured with antibiotics, such as gonorrhea and chlamydia.
- Some STIs cannot be cured, such as herpes and HIV. But the symptoms can be reduced by taking special prescription medicines.

Care Advice

1. Overview:

- Most STIs are spread by exchange of body fluids during oral, anal, or vaginal sex.
- Body fluids include semen, vaginal secretions or blood.
- Also can occur from direct contact with any sores during sex.
- Condoms are the only safe way to prevent most STIs during sex.
- People with a STI should not have sexual contact until treatment is finished and all symptoms are gone.

2. "Safe" Sexual Activities:

- Not having sex is the only 100% effective means of not getting a STI. That means no vaginal sex, anal sex or oral sex.
- Holding hands, hugging, touching and kissing are safe. Do not kiss if there are sores on the lips or in the mouth.

3. Use Condoms if Sexually Active:

- Condoms are the only safe way to prevent most STIs during sex.
- Putting on a Condom: (1) Hold the condom at the tip to squeeze out the air. (2) Roll the condom all the way down the erect penis. (Don't try to put a condom on a soft penis.)
- Taking off a Condom: (1) After sex, hold onto the condom while the penis is being pulled out. This will keep the condom from coming off before the penis is out. (2) The penis should be pulled out while still erect. Reason: so sperm (semen) doesn't leak out of the condom.
- Buy latex rubber or plastic condoms. Never use condoms made from animal skins. Reason: They can leak.
- Lubricants. If you use a lubricant during sex, make sure it is water-based (like K-Y Liquid). Do not use petroleum jelly, vegetable oil or baby oil. Reason: These can cause a condom to break.
- For more information about condoms, see websites such as www.bedsiders.org

4. **Know What Does Not Prevent STIs:**

- Douching the vagina or showering after sex . This does not prevent STIs.
- Withdrawal is when a man pulls his penis out before he ejaculates (comes). This does not prevent STIs or pregnancy.
- Having a STI once does not prevent you from getting it again.
- Females using birth control, such as an IUD, birth control pill, implant or shot. This does not prevent STIs. You still need to protect yourself with condoms.

5. **Get the Vaccines that Prevent Genital Warts and Hepatitis B:**

- Two STIs have vaccines that can protect you from getting them.
- Human Papilloma Virus vaccine (HPV) can prevent most genital warts.
- Young girls and males should be vaccinated before they become sexually active if possible. The target age is 11-12 years.
- The HPV vaccine also prevents cancer of the cervix and throat. That's right, cancer!
- Hepatitis B vaccine (HBV) helps prevent getting Hepatitis B. It is recommended for all newborns and young babies. Teens or adults who are at risk for getting hepatitis should also get the shots.
- Hepatitis B vaccine also can prevent chronic liver disease and liver cancer.
- In the future, vaccines to prevent other STIs are being researched.

Call Your Doctor If

- You develop any symptoms that you think might be a STI
- You have sex without a condom or the condom breaks during sex. Reason: pills (such as Plan B) can prevent pregnancy if taken within 5 days. (Should be taken as soon as possible to work the best)
- Female misses her period and might be pregnant
- You have other questions or concerns

Pediatric Care Advice

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