

STI EDUCATION PROMOTING WELLNESS

- **PREVENTION**
- **TESTING**

WHY IS IT IMPORTANT TO LEARN ABOUT SEXUAL TRANSMITTED INFECTIONS?

- STIs are very common and asymptomatic
- It helps us recognize myths like, “it’s easy to tell if a person has a STI because he/she looks sick” that could prevent a person from using effective prevention methods or seeking needed treatments
- Untreated STIs can have the potential to jeopardize a person’s health, future health and ability to have children in the future
- It helps a person be able to discuss STIs and build a healthy relationship with a partner
- Half of all new cases are in the age group of 15-24 years old

STI CAN BE VIRAL, BACTERIAL OR PARASITIC. WHAT DOES THAT MEAN?

- **Viral:** If a virus causes a disease, it is possible for it to remain “inactive” for periods of time (meaning there are no symptoms). It is possible to have a virus and not know it. Viral STIs can be treated with medications, but not cured. A person with a viral STI will have that virus for life. **Viral STIs include HPV (genital warts), HIV and AIDS, and genital herpes. Vaccine is available for HPV.**
- **Bacterial:** Must be treated with antibiotics. STIs include **gonorrhea, chlamydia, and syphilis.**
- **Parasitic:** Must be treated with antimicrobial medication, includes **pubic lice and trichomoniasis.**

Infection	Pathogen	Transmission	Treatment	Symptoms	Effects
Chlamydia	Bacteria	V, A, O, Birth	Antibiotics	Silent Disease	Infertility PID
Pubic Lice	Parasite	Genital Contact	OTC Shampoo, Lotion, Soap	Itching Rash	None
Syphilis	Bacteria	V, A, O	Antibiotics	Sore, Body Rash, Organ damage	Dementia, blindness, paralysis, death
Gonorrhea	Bacteria	V, A, O, Birth	Antibiotics	Women: Few Men: Burning, discharge	Infertility PID
Trichomoniasis	Protozoan Parasite	Genital Contact	Antibiotics	70% no symptoms	weakened immune system
Genital Herpes	Virus	V, A, O (kissing if sores present)	No cure Antivirals for shorter outbreaks	Sores, Blisters, pain	Outbreaks throughout lifetime.
HPV	Virus	V, A, O	No cure; Wart removal; Preventative Vaccine	Many people have none.	Cancer

Sexually Transmitted Infections

Abstinence Tips

Set personal limits on physical affection.

Avoid dating a person who is sexually active or who pressures you to go beyond your limits.

Avoid situations where you may feel pressured to engage in sexual activity.

Avoid people who tease you for your decisions or urge high-risk behaviors, including the use of alcohol or drugs.

Sexually Transmitted Infections

Abstinence Tips

Choose group outings where you can enjoy the company of friends and avoid pressure to engage in sexual activity.

Be clear about your decision to practice abstinence and discuss it with others who are close to you.

Practice refusal skills.

Use words and body language to resist the pressure to engage in sexual activity.

Avoiding High-Risk Behaviors and STDs

To prevent STDs, avoid engaging in high-risk behaviors, including:

being sexually active with more than one person.

engaging in unprotected sex

engaging in sexual activity with high-risk partners, and

using alcohol or other drugs, which may lower your inhibitions.

RISK REDUCTION CONTINUUM

- I need 8 volunteers (easiest part;), read a card.
- Assess the severity of risk....
- What can a person do to reduce his or her risk for STIs?
- What should a person who has engaged in risky behavior do?
 - Get tested, get treatment, tell/talked with your partner(s) so they know to get tested and treated, stop the risky behavior

THE ONE WHERE ROSS LEARNS CONDOM EFFECTIVENESS



CDC ON CONDOMS EFFECTIVENESS (EXTERNAL & INTERNAL)

- **Consistent and correct use** of latex condoms reduces the risk for many STDs that are transmitted by genital fluids (STDs such as chlamydia, gonorrhea, and trichomoniasis).
- **Consistent and correct use** of latex condoms reduces the risk for genital ulcer diseases, such as genital herpes, syphilis, and chancroid, only when the infected area or site of potential exposure is protected.
- **Consistent and correct use** of latex condoms may reduce the risk for genital human papillomavirus (HPV) infection and HPV-associated diseases (e.g., genital warts and cervical cancer).
- Effectiveness of male condoms 98%, but...85% due to human error
- Effectiveness of female condoms used correctly 95%, 79% due to human error
 - **What are users doing wrong? Is there an incorrect way to use a condom?**

INTERNAL & EXTERNAL CONDOMS

CDC, US DEPARTMENT OF HEALTH AND HUMAN SERVICES, NIH & WHO

- Putting it on too late (I, E)
- Using two condoms at the same time
- Not using it throughout sex (I, E)
- Not leaving space at the tip to hold the semen (E)
- Not squeezing air from the tip to keep from breaking (E)
- Using external and internal condoms at the same time (I, E)
- Putting it on inside out (I, E)
- Not using only WATERBASED lubricants...massage oils, body lotion increasing friction and chance to tear (I, E)
- Incorrect withdrawal (I, E)
- Expiration date (I, E)
- Storage (no extreme heat or cold) (I, E)
- Using more than once (I, E)
- Opening with scissors/teeth or something that may tear it (I, E)

WHAT SHOULD YOU OR A FRIEND DO IF CONCERNED ABOUT BEING AT RISK?

Don't wait.

Get tested.

Where can you get tested?

HEALTH LITERATE INDIVIDUAL CAN LOCATE AND EVALUATE WHERE TO RECEIVE SERVICES **FIND A TESTING CENTER**

Health Services Detective: *with a partner* locate a testing facility (other than Boone County Health department)

1. Name of health service facility
 - a. Address and clinic phone number
 - b. Clinic hours:
2. Identify the services provided by each facility
 - a. STI testing
 - b. treatment
 - c. HIV testing
 - d. HIV counseling
 - e. Support groups
 - f. Birth control
 - g. Condom distribution
 - h. Pregnancy tests
 - i. Prenatal care
 - j. Other agency referrals
3. What is the clinic's policy on confidentiality?
4. Would you feel comfortable having a consultation about your health at this facility? Then, write 2 – 4 sentences explaining why.

Submit to dropbox in canvas

Our Office Hours

Mon-Fri 8am-4pm

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WALK-IN HOURS RAPID TESTING CONFIDENTIAL FREE

***Rapid testing now available for
Hepatitis C and HIV***

Walk-in hours: Thursdays 9-11am
& 2-4pm. No appointment is
necessary.

[STD Flyer](#)

Please call 765-482-3942 option 5
for more information.

BOONE COUNTY HEALTH DEPARTMENT

[HTTPS://BOONECOUNTY.IN.GOV/OFFICES/HEALTH-DEPARTMENT/PUBLIC-HEALTH-NURSING/STD-PROGRAM/](https://boonecounty.in.gov/offices/health-department/public-health-nursing/std-program/)

- STDs are very common. In fact, CDC estimates 20 million new infections occur every year in the United States. STDs can mostly be prevented by not having sex. If you do have sex, you can lower your risk by using condoms and being in a sexual relationship with a partner who does not have an STD. STDs do not always cause symptoms, so it is possible to have an infection and not know it. That is why it is important to get tested if you are having sex.
- STDs take a particularly heavy toll on young people. CDC estimates that youth ages 15-24 make up just over one quarter of the sexually active population, but account for half of the 20 million new sexually transmitted infections that occur in the United States each year.
- **The Boone County STD Program offers FREE and confidential testing for the following:**
 - [Chlamydia](#)
 - [Gonorrhea](#)
 - [Hepatitis C](#)
 - [HIV](#)
 - [Syphilis](#)