

How are they transmitted?

Most STIs are transmitted through sexual contact, which includes genital skin-to-skin contact, and the exchange of bodily fluids that can occur during oral, vaginal, or anal sex.

- Anal sex carries the highest risk of STI transmission, while oral sex carries the lowest risk.
- The bodily fluids that can transmit STIs are infected pre-ejaculate, ejaculate, and vaginal fluid.



In addition to pre-ejaculate, ejaculate, and vaginal fluid, the STI HIV can also be transmitted through rectal fluid, blood, and breastmilk.

- For this reason, the CDC recommends that parents living with HIV not breastfeed their children. However, if a parent is interested in breastfeeding, it is something they should discuss with their medical provider.

How to Prevent STIs

1. Pre- and post-exposure medicine for HIV/AIDS

- a. PrEP (pre-exposure prophylaxis)
 - i. For people at risk for HIV/AIDS (people who use IV drugs or have sexual partner(s) that are HIV+)
 - ii. 99% effective
 - iii. Should be used with a condom
 - iv. Effective after 30 days of continuous use, not recommended to have unprotected sex during this time
- b. PEP (post-exposure prophylaxis)
 - i. Take for 28 days
 - ii. Taken within 72 hours after someone knows or believes they've been exposed to HIV

2. External Condoms (anal sex, vaginal sex, and oral sex on a penis)

- a. Must not be expired, no damage, stored properly (not too cold/hot), put on the right way, etc

3. Internal condoms (anal sex and vaginal sex)

4. Dental dams (oral sex on a vulva or anus, can be used vulva to vulva sex, but can be hard to keep in place)

- a. Square sheet of latex used as a barrier between partner's body and the other partner's mouth
- b. Only used once!

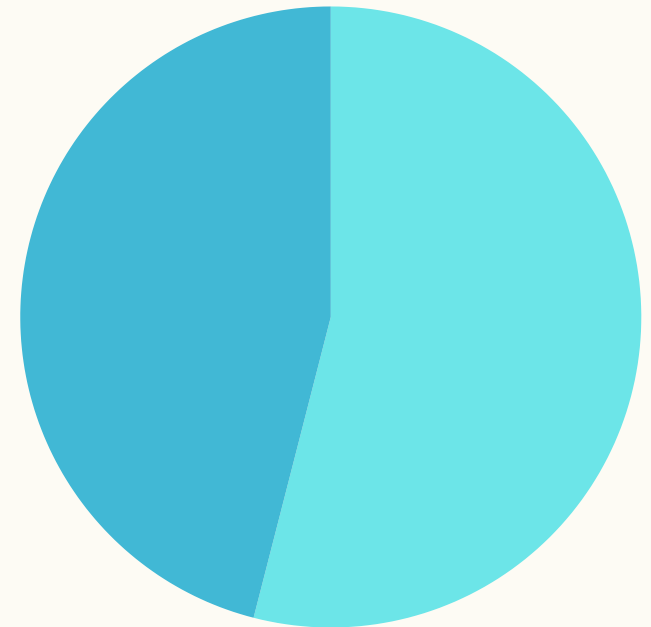
5. Finger cots/condoms & gloves - used with lubricant

Bumprise

STI Education

STI stands for Sexually Transmitted Infections

- Know Someone/Have Had an STI Themselves
- Have not had an STI



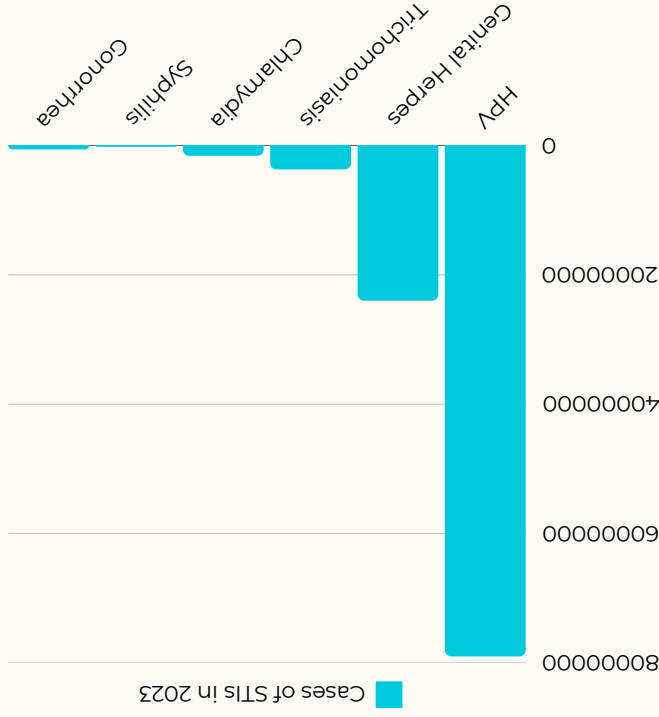
The most common symptom is no symptoms

What are the Types of STIs?

- Human immunodeficiency virus and acquired immune deficiency syndrome (HIV/AIDS)
- Hepatitis B
- Human papillomavirus (HPV)
- Herpes
- Gonorrhea
- Chlamydia
- Syphilis
- Trichomoniasis
- Scabies and Pubic Lice
 - Can be spread through close personal contact with an infected person, or with infested clothes, sheets, or towels
- *HPV, Syphilis, and Herpes can all be spread by skin to skin genital contact (even when people use condoms) in addition to fluids

Are They All Curable?

- NO! There's a difference between viral and bacterial/parasitic
1. Viral means they cannot be cured, but there is treatment and mitigation. These are all of the **H's: HIV, Hepatitis, HPV, and Herpes**
 2. Bacterial means you can take medicine to cure it
 3. Scabies and pubic lice are parasitic. Cured with over the counter medicine and check in with your doctor.



Symptoms and Testing

HIV: flu like symptoms
Herpes & syphilis: sores
HPV: warts

Gonorrhea/Chlamydia (very similar symptoms): itching, burning while peeing.
 The most common STI symptom is having no symptoms, which is why testing is so important.

- It is recommended to get tested with every new sexual partner, or every 3-6 months.
- If a person only has one sexual partner, it is still recommended to get tested once a year.
- It is also recommended to get tested before giving birth. Most STIs won't show up on a test right after exposure, some can take days, weeks, or months to show up, so by getting tested, someone can reduce the risk of STI transmission during child birth.

