

Advanced

1. Able to identify the signs and symptoms of an STD/STI

<h1 style="margin: 0;">STD Facts</h1>			
STD	What to Watch For	How You Get It	If You Don't Get Treated
Chlamydia	<ul style="list-style-type: none"> • Symptoms show up 7-28 days after having sex. • Chlamydia affects women and men. • Most women and some men have no symptoms. <p>Women:</p> <ul style="list-style-type: none"> • Discharge from the vagina. • Bleeding from the vagina between periods. • Burning or pain when you urinate. • Need to urinate more often. • Pain in abdomen, sometimes with fever and nausea. <p>Men:</p> <ul style="list-style-type: none"> • Watery, white drip from the penis. • Burning or pain when you urinate. • Need to urinate more often. • Swollen or tender testicles. 	<ul style="list-style-type: none"> • Spread during vaginal, anal or oral sex with someone who has chlamydia. 	<ul style="list-style-type: none"> • You can give chlamydia to your sex partner(s). • Can lead to more serious infection. Reproductive organs can be damaged. • Women and possibly men may no longer be able to have children. • A mother with chlamydia can give it to her baby during childbirth.
Gonorrhea	<ul style="list-style-type: none"> • Symptoms show up 2-21 days after having sex. • Most women and some men have no symptoms. <p>Women:</p> <ul style="list-style-type: none"> • Thick yellow or gray discharge from the vagina. • Burning or pain when you urinate or have a bowel movement. • Abnormal periods or bleeding between periods. • Cramps and pain in the lower abdomen (belly). <p>Men:</p> <ul style="list-style-type: none"> • Thick yellow or greenish drip from the penis. • Burning or pain when you urinate or have a bowel movement. • Need to urinate more often. • Swollen or tender testicles. 	<ul style="list-style-type: none"> • Spread during vaginal, anal or oral sex with someone who has gonorrhea. 	<ul style="list-style-type: none"> • You can give gonorrhea to your sex partner(s). • Can lead to more serious infection. Reproductive organs can be damaged. • Both men and women may no longer be able to have children. • Can cause heart trouble, skin disease, arthritis and blindness. • A mother with gonorrhea can give it to her baby in the womb or during childbirth.
Hepatitis B	<ul style="list-style-type: none"> • Symptoms show up 1-9 months after contact with the hepatitis B virus. • Many people have no symptoms or mild symptoms. • Flu-like feelings that don't go away. • Tiredness. • Jaundice (yellow skin). • Dark urine, light-colored bowel movements. 	<ul style="list-style-type: none"> • Spread during vaginal, anal or oral sex with someone who has hepatitis B. • Spread by sharing needles to inject drugs, or for any other reason. • Spread by contact with infected blood. 	<ul style="list-style-type: none"> • You can give hepatitis B to your sex partner(s) or someone you share a needle with. • Some people recover completely. • Some people cannot be cured. Symptoms go away, but they can still give hepatitis B to others. • Can cause permanent liver damage or liver cancer. • A mother with hepatitis B can give it to her baby during childbirth.
Herpes	<ul style="list-style-type: none"> • Symptoms show up 1-30 days or longer after having sex. • Many people have no symptoms. • Flu-like feelings. • Small, painful blisters on the sex organs or mouth. • Itching or burning before the blisters appear. • Blisters last 1-3 weeks. • Blisters go away, but you still have herpes. Blisters can come back. 	<ul style="list-style-type: none"> • Spread during vaginal, anal or oral sex, and sometimes by genital touching, with someone who has herpes. 	<ul style="list-style-type: none"> • You can give herpes to your sex partner(s). • Herpes cannot be cured, but medicine can control it. • A mother with herpes can give it to her baby during childbirth.
HIV/AIDS	<ul style="list-style-type: none"> • Symptoms show up several months to several years after contact with HIV, the virus that causes AIDS. • Can be present for many years with no symptoms. • Unexplained weight loss or tiredness. • Flu-like feelings that don't go away. • Diarrhea. • White spots in mouth. • In women, yeast infections that don't go away. 	<ul style="list-style-type: none"> • Spread during vaginal, anal or oral sex with someone who has HIV. • Spread by sharing needles to inject drugs, or for any other reason. • Spread by contact with infected blood. 	<ul style="list-style-type: none"> • You can give HIV to your sex partner(s) or someone you share a needle with. • HIV cannot be cured. Can cause illness and death, but medicines can control it. • A mother with HIV can give it to her baby in the womb, during birth or while breastfeeding.
HPV/ Genital Warts	<ul style="list-style-type: none"> • Symptoms show up weeks, months or years after contact with HPV. • Many people have no symptoms. • Some types cause genital warts: <ul style="list-style-type: none"> —Small, bumpy warts on the sex organs and anus. —Itching or burning around the sex organs. —After warts go away, the virus sometimes stays in the body. The warts can come back. • Some types cause cervical cancer in women: <ul style="list-style-type: none"> —Cell changes on the cervix can only be detected by a Pap test from a health care provider. 	<ul style="list-style-type: none"> • Spread during vaginal, anal or oral sex, and sometimes by genital touching, with someone who has HPV. 	<ul style="list-style-type: none"> • You can give HPV to your sex partner(s). • Most HPV goes away on its own in about 2 years. • Warts may go away on their own, remain unchanged, or grow and spread. • A mother with warts can give them to her baby during childbirth. • Some types can lead to cervical cancer if not found and treated.
Syphilis	<p>1st Stage:</p> <ul style="list-style-type: none"> • Symptoms show up 1-12 weeks after having sex. • A painless sore or sores on the mouth or sex organs. • Sore lasts 2-6 weeks. • Sore goes away, but you still have syphilis. <p>2nd Stage:</p> <ul style="list-style-type: none"> • Symptoms show up as the sore heals or after. • A rash anywhere on the body. • Flu-like feelings. • Rash and flu-like feelings go away, but you still have syphilis. 	<ul style="list-style-type: none"> • Spread during vaginal, anal or oral sex, and sometimes by genital touching, with someone who has syphilis. 	<ul style="list-style-type: none"> • You can give syphilis to your sex partner(s). • A mother with syphilis can give it to her baby during pregnancy or have a miscarriage. • Can cause heart disease, brain damage, blindness and death.
Trichomoniasis ("Trich")	<ul style="list-style-type: none"> • Symptoms show up 5-28 days after having sex. • Affects both women and men. • Many people have no symptoms. <p>Women:</p> <ul style="list-style-type: none"> • Itching, burning or irritation in the vagina. • Yellow, greenish or gray discharge from the vagina. <p>Men:</p> <ul style="list-style-type: none"> • Watery, white drip from the penis. • Burning or pain when you urinate. • Need to urinate more often. 	<ul style="list-style-type: none"> • Spread during vaginal sex. 	<ul style="list-style-type: none"> • You can give trich to your sex partner(s). • Uncomfortable symptoms will continue. • Men can get infections in the prostate gland.

2. Knows how to prevent the spread of sexually transmitted diseases/infections

Abstinence:

- The only 100% effective way to prevent the spread of an STD or STI
- Not participating in oral, vaginal, or anal sex

Condoms:

- Male and female condoms reduce the risk of spreading an STD or STI
- Birth control pills DO NOT protect against STDs or STIs

Vaccination:

- Vaccines can help protect against hepatitis B and HPV
- A series of 3 shots given to young males and females

Having one partner:

- If you have one partner and you have both been tested, this is a good way to protect yourself from STDs and STIs
- It is important that both people do not have sex with anyone else as that could increase their risk of getting and spreading an infection

Get tested:

- If you are sexually active, you should get tested on a regular basis to make sure that you do not have an infection
- Many infections do not have any symptoms, so getting tested is the only way that you can know for sure

Use a condom or dental dam during oral sex:

- STDs and STIs can be spread through oral sex, so it is important to use a condom or a dental dam (a barrier for female oral sex) for the most protection

Take PrEP if appropriate:

- A doctor can prescribe you PrEP, a medication that helps prevent HIV
- A condom should still always be used
- If your partner has HIV, you should ask your doctor about PrEP to protect yourself

3. Knows where to go for treatment for sexually transmitted diseases/infections

Hartford Gay and Lesbian Health Collective

1841 Broad Street

860-278-4163

Services: all STD screenings, Hepatitis C screening, Gardasil vaccine

Charter Oak Health Center - by appointment only

401 New Britain Ave - 860-550-7625

1755 Park Street - 860-550-7586

21 Grand Street - 860-550-7500

Community Health Services

500 Albany Ave

860-249-9625

Brownstone Clinic - Hartford Hospital

79 Retreat Ave

860-545-0200

Hartford Department of Health and Human Services

131 Coventry Street

860-757-4830

*You can also get tested for STDs and STIs at any urgent care/ walk-in clinic or emergency room *

4. Knows options for pregnancy (carry to term, adoption, termination)

Carry to term:

- If you decide to carry and keep a baby, it is important to go to a doctor and get all the prenatal care necessary for a healthy pregnancy
- If you do not want to have more children immediately, you should talk with your doctor about birth control options once you deliver the baby

Abortion:

- Millions of women receive abortions each year for a variety of reasons
- Abortions can be performed in a clinic, such as Planned Parenthood, safely by doctors and nurses
- There are professionals who work at Planned Parenthood and in many doctors' offices that can talk with you about your options
- If you choose to get an abortion before around your 9th week of pregnancy, the abortion can be performed by taking a pill administered in a doctor's office
- If you choose to get an abortion after around your 9th week of pregnancy, the abortion can be performed surgically in a clinic by a doctor

Adoption:

- You can choose to carry your baby to term, and then put he/she up for adoption so they can live with a family of your choosing
- There are many services that you can use to find the best parents/parent for your child
- The adoption can either be open or closed
 - Open adoptions allow you to remain in contact with your child and their adoptive family
 - Closed adoptions prevent you and the child/adoptive family from having contact
- DCF is an adoption resource and can be reached at 860-418-8000

What you choose to do with your pregnancy is your and your loved one's decision and you should not feel pressured in any way

You know what is best for you and your child