

# THE LOWDOWN ON HOW TO PREVENT SEXUALLY TRANSMITTED DISEASES

## Practice Abstinence

The surest way to avoid STDs is to not have sex.



This means not having vaginal, oral, or anal sex.

## Have Fewer Partners

Agree to only have sex with one person who agrees to only have sex with you.



Make sure you both get tested to know for sure that neither of you has an STD. This is one of the most reliable ways to avoid STDs.

## Talk With Your Partner

Talk with your sex partner(s) about STDs and staying safe before having sex.

Let's both get tested together!

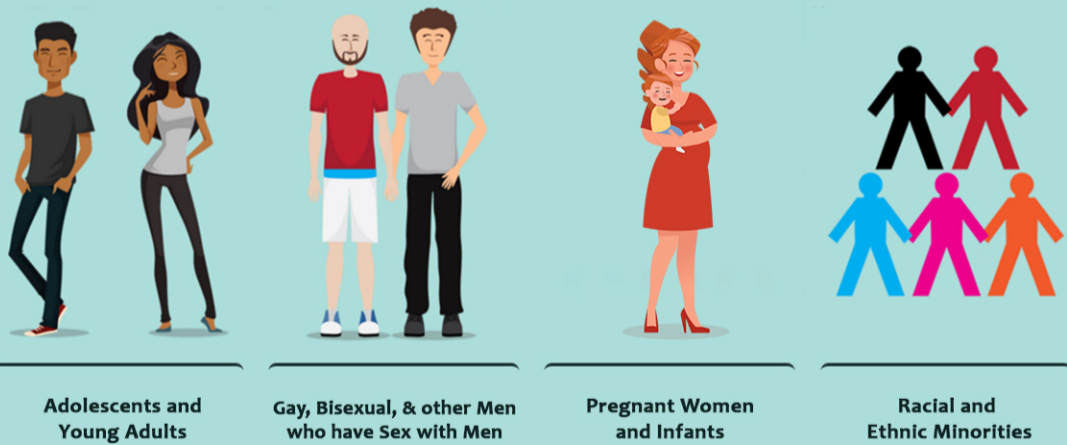
Why take a chance when we can know for sure?

It might be uncomfortable to start the conversation, but protecting your health is your responsibility.

CDC estimates there are **MILLIONS** of new STD infections in the United States each year

Anyone who is sexually active can get an STD.

Some groups are more affected by STDs and their outcomes



## Use Condoms

Using a condom correctly every time you have sex can help you avoid STDs.

Condoms lessen the risk of infection for all STDs. You still can get certain STD infections, like herpes or HPV, from contact with your partner's skin even when using a condom.



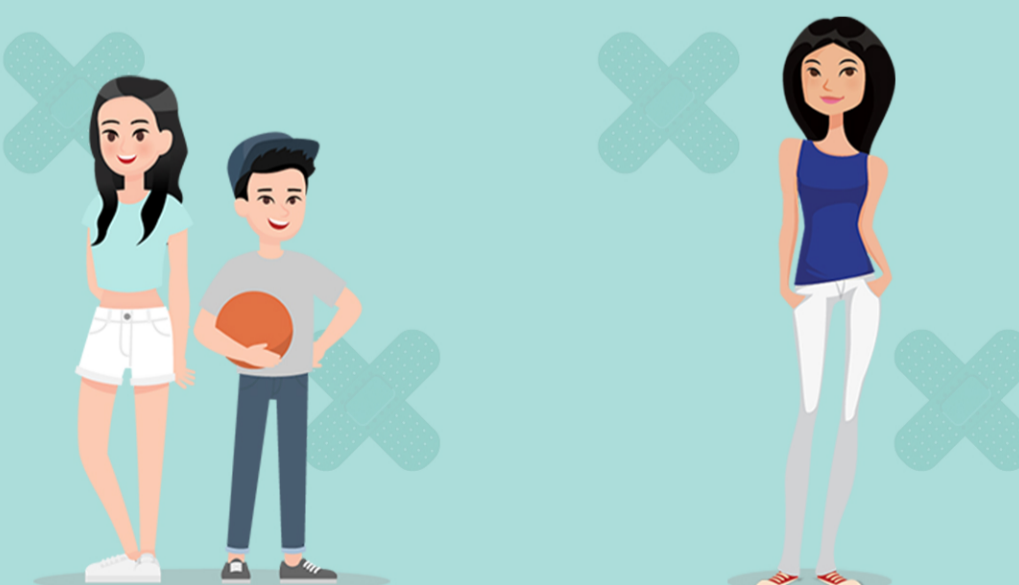
Most people say they used a condom the first time they ever had sex, but when asked about the last four weeks, less than a quarter said they used a condom every time.

## Get Vaccinated

The most common STD can be prevented by a vaccine.

The HPV vaccine is safe, effective, and can help you avoid HPV-related health problems like genital warts and some cancers.

Who should get the HPV vaccine?



All boys and girls ages 11 to 12, but the vaccine can start at age 9

Everyone through age 26 years, if not vaccinated already

## Get Tested

Many STDs don't have symptoms, but they can still cause health problems.



Talk with your health care provider

Search for CDC recommended tests

Find a location to get tested for STDs

The only way to know for sure if you have an STD is to get tested.

## The Good News

STDs **ARE** preventable. There are steps you can take to keep yourself and your partner(s) healthy.

Here's How You Can Avoid Giving or Getting an STD:

View Infographic Online at: [www.cdc.gov/std/prevention/lowdown/](http://www.cdc.gov/std/prevention/lowdown/)

## If You Test Positive...

Getting an STD is not the end!

Many STDs are curable and all are treatable.

If either you or your partner is infected with an STD that can be cured, both of you need to start treatment immediately to avoid getting re-infected.