There are over 20 MILLION new sexually transmitted infections (STIs) reported in the United States every year.

Anyone who is sexually active can get an STI and may not know it. The only way to know you have an STI is to get tested.

You can get an STI:
1. from oral (mouth), anal, or vaginal sex
2. from skin-to-skin contact, even without sex
3. from a mother to an infant before or during birth

If you have questions about any STIs, including HIV or hepatitis, or if you would like the number to the local health department closest to you, contact:

Disease Prevention Hotline
(800) 533-4148
Monday - Friday
8am – 5pm
hiv-stdhotline@vdh.virginia.gov

SIDA Español:
1-800-344-7432

Visit us on Facebook!
facebook.com/diseasepreventionhotline

Information in this brochure is developed for general audiences.

Design by the Office of Graphic Communications, Department of General Services
Photos: cover by Alex Iby; back panel by Alir Vincius, inside panel top by JD Mason; inside panel bottom Thiago Barletta on Unsplash.

Revised 2017
What are the symptoms of an STI?
STIs may cause different symptoms including sores, rash, fever, or discharge (drip). Not everyone gets the same STI symptoms; sometimes people do not have any at all. Even without symptoms, STIs can cause health problems. Get tested for STIs to protect your health if you are having sex. Your health care provider will help you determine what tests you should get.

Pregnancy & STIs
Pregnancy does not protect you against STIs. If you are having sex, you are still at risk. You can spread STIs to an infant before or during birth. STIs can cause serious health problems for your baby. Getting prenatal care is very important! Your health care provider may test you for STIs throughout your pregnancy depending on your risk.

Men who have sex with men & STIs
While anyone who has sex can get an STI, sexually active gay, bisexual and other men who have sex with men (MSM) are at greater risk. Your healthcare provider can offer you the best care if you discuss your sexual history openly.

What do I do if I think I have an STI?
The only way to know for sure if you have an STI is to get tested. Your tests results are confidential. Talk to your health care provider or find a testing site near you at https://gettested.cdc.gov/.

What if I test positive?
Some STIs can be cured. For others, you will always have the condition, but medical treatments can help you manage the disease. Follow your health care provider’s directions.

Who should get tested for STIs?
If you have sex, talk honestly with your health care provider to see if you need testing. Testing is especially important if you or your partner has other partners.

- All adults and adolescents from ages 13 to 64 should be tested at least once for HIV.
- Annual chlamydia screening of all sexually active women younger than 25 years, and older women with risk factors such as new or multiple sex partners, or a sex partner who has a sexually transmitted infection.
- Annual gonorrhea screening for all sexually active women younger than 25 years, as well as older women with risk factors such as new or multiple sex partners, or a sex partner who has a sexually transmitted infection.
- Syphilis, HIV, and hepatitis B screening for all pregnant women, and chlamydia and gonorrhea screening for at-risk pregnant women starting early in pregnancy, with repeat testing as needed, to protect the health of mothers and their infants.
- Screening at least once a year for syphilis, chlamydia, and gonorrhea for all sexually active gay, bisexual, and MSM. MSM who have multiple or anonymous partners should be screened more frequently for STIs (e.g., at 3-to-6 month intervals).
- Sexually active gay and bisexual men may benefit from more frequent HIV testing (e.g., every 3 to 6 months).
- Anyone who has unsafe sex or shares injection drug equipment should get tested for HIV at least once a year.

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

- Don’t have sex. The most reliable way to avoid infection is to not have sex (anal, vaginal, or oral).
- Have fewer partners – agree to have sex with one person who agrees to have sex with only you.
- Talk with your partner(s) about STIs and staying safe before having sex.
- Use a condom every time you have sex. Male and female condoms help prevent infection with many STIs. You can still get some STIs, like herpes or genital warts from contact with your partner’s skin even when using a condom.
- Get tested & treated – many STIs do not have symptoms, so the only way to know is to get tested. Getting treatment reduces the chance your partner has of getting the infection.
- Get vaccinated against hepatitis B and human papillomavirus (HPV).

What is Pre-Exposure Prophylaxis (PrEP)?
PrEP is a daily pill for people who do not have HIV but may be at a greater risk of getting it. Taking PrEP every day can reduce your risk of getting HIV by more than 90%! Talk to your health care provider if you think PrEP is right for you!

An untreated STI can put you at greater risk of getting another STI. Get tested!

Make sure your partner is treated if you have an STI. Otherwise, you may get infected again.

People who have an STI are two to five times more likely to get HIV if exposed to the virus than uninfected people.

STIs
Sexually Transmitted Infections

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### STIs: Sexually Transmitted Infections

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<tr>
<td>Chlamydia</td>
<td>Urine sample OR a swab from your genitalia, throat, and/or rectum</td>
<td>Symptoms may not appear until several weeks after you have sex with an infected partner. Chlamydia may cause pain or burning during urination or a discharge from your genitalia. Most people have no symptoms. If you do have symptoms, they may appear 5-60 days after infection. Symptoms include rectal pain, discharge, and/or bleeding. Some people have no symptoms.</td>
<td>Cured with the right antibiotic medication. Take all the medication your health care provider prescribes to cure your infection. It's important to wait 7 days after finishing your medicine before having sex.</td>
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<tr>
<td>Genital Warts</td>
<td>Visual inspection</td>
<td>Genital warts are small, bumps growths in or around your genitals or anus of varying color and size. You can have one wart or many. Warts usually appear 3-6 months after infection. Genital warts are caused by the Human Papilloma Virus (HPV). HPV can cause cancers in the cervix, vulva, vagina, penis, anus, and the back of the throat.</td>
<td>While there is no cure for HPV, genital warts can be treated by your healthcare provider or with prescription medication. There is no vaccine to prevent some kinds of HPV.</td>
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<tr>
<td>Gonorrhea</td>
<td>Urine sample OR a swab from your genitalia, throat, and/or rectum</td>
<td>Symptoms may appear 2-10 days after you have sex with an infected partner. Gonorrhea may cause pain or burning during urination, discharge from your genitalia, or sore throat. Some people have no symptoms.</td>
<td>Cured with the right antibiotic medication. It is important you take all the medication prescribed by your health care provider to cure your infection. It's important to wait 7 days after finishing your medicine before having sex.</td>
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<tr>
<td>Hepatitis B Virus (HBV)</td>
<td>Blood draw from your arm</td>
<td>HBV is 50-100 times more infectious than HIV. Some people have no symptoms. If you do have symptoms, they may appear 45-180 days after infection. Symptoms can include tinderness, vomiting, stomach pain, loss of appetite/weight, aching muscles/joints, fever, yellowing of skin or eyes, or dark-colored urine.</td>
<td>Treatable with medications to control liver damage, make symptoms less severe, and help prevent liver cancer. A vaccine is available to prevent HBV infection.</td>
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<tr>
<td>Hepatitis C Virus (HCV)</td>
<td>Blood draw from your arm or a finger stick</td>
<td>Some people have no symptoms. Symptoms may appear 14-180 days after infection. Symptoms can include tinderness, vomiting, stomach pain, loss of appetite/weight, aching muscles/joints, fever, yellowing of skin or eyes, or dark-colored urine.</td>
<td>Cured with medications. Treatment can be complex and may require multiple drugs and careful monitoring. You may have to take some medications for several months to get rid of the virus.</td>
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<tr>
<td>Herpes (Herpes Simplex Virus –HSV)</td>
<td>Blood draw from your arm OR a sample taken from sore</td>
<td>Herpes sores usually appear as one or more blisters on or around the genitals, rectum, or mouth. The blisters break and leave painful sores that may take weeks to heal. You can get genital herpes from an infected partner, even if your partner has no symptoms.</td>
<td>There is no cure for herpes. Medication can make outbreaks less frequent. When you take medicine, it is less likely you will spread herpes to a sex partner.</td>
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<tr>
<td>HIV</td>
<td>Blood draw from your arm, finger stick, or a cheek swab</td>
<td>Some people may have flu-like symptoms such as cough, fever, sore throat, or swollen lymph nodes when they first become infected. Other symptoms may include night sweats, unexplained weight loss, diarrhea, tinderness, or nausea. Some symptoms might show up several months or years after infection.</td>
<td>There is no cure for HIV. Medications can help manage HIV and treat the infections caused by a weakened immune system. Always taking your medications for HIV can help them work better, allow you to live a healthier life and prevent the transmission of HIV to your partners.</td>
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<tr>
<td>Pubic lice “crabs”</td>
<td>Visual inspection</td>
<td>Crab spread by sharing personal items such as clothing, towels, or bedding infected with crab or crab eggs. Symptoms appear quickly after infection and may include intense itching in the genital area. Often you can see the crab or three eggs in the infected area.</td>
<td>There is no cure for pubic lice but it can be treated by your health care provider or with prescription and over-the-counter medicated creams, lotions, or shampoos. Follow the instructions carefully and wash all bedding, clothes, towels, etc. at the time of treatment.</td>
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<tr>
<td>Syphilis</td>
<td>Blood draw from your arm OR a finger stick</td>
<td>1st stage: 1-3 weeks after infection, a painless sore may appear where you were infected. The sore can be anywhere in the genital area, inside the vagina, rectum, or mouth. The sore will go away without treatment, but the infection is still causing damage to your body. Because the sore is painless and may not be visible, many people with syphilis do not notice noticing a sore. 2nd stage: 2-12 weeks after the sore has healed, you may get a rash on your hands, feet., or whole body. A red, bumpy rash is common with this stage and sometimes called a “palmar-plantar rash” because of the location on the palms of your hands and soles of your feet. You might have flu-like symptoms, or rapid patchy hair loss. Even though the symptoms will go away, you still have syphilis until you are treated. 3rd stage: After the second stage, many people with syphilis can go a long time with no symptoms at all. The “latent period” does not mean you no longer have syphilis. The infectious sores may return. Untreated syphilis can damage your internal organs. Syphilis can continue to cause damage to your body for decades of untreated. Syphilis can eventually cause death. Neurological symptoms: Neurological symptoms can happen at any stage of syphilis. Some people with syphilis may have confusion, depression, headaches, or numbness. Syphilis can also cause serious permanent eye damage or blindness.</td>
<td>Cured with antibiotic treatment, often as an injection. Treatment cannot fix the damage caused, so it is important to get treated quickly. See your health care provider immediately if you have a sudden change in your eyesight. Eye damage or blindness caused by syphilis is permanent. Treatment stops more damage to your eyesight.</td>
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<tr>
<td>Trichomoniasis “Trich”</td>
<td>Urine sample or swab from your genitalia</td>
<td>Symptoms can include itching or irritation of the genitals, burning or discomfort when urinating, and an unusual discharge. Some people with symptoms get them within 5 to 20 days after being infected. Others do not develop symptoms until much later. Symptoms can come and go. About 70% of infected people do not have any signs or symptoms.</td>
<td>Cured with medication prescribed by your health care provider.</td>
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