

SEXUAL HEALTH



What are sexually transmitted diseases (STDs)?

STDs are infections that are spread from one person to another person, usually during vaginal, anal, or oral sex

- ❖ They are very common!
- ❖ Many people who have them may not know they have them.
- ❖ You can still have sex while preventing STDs, and most of them are easy to treat!

What can put me at risk for getting an STD?

- ❖ Having sex without using a protective barrier like a condom
- ❖ Having more than one sex partner
- ❖ Having sex with someone you do not know
- ❖ Having sex while under the influence of drugs or alcohol

What should I do when I have sex?

Sex can be fun! Here are some ways to enjoy sex without getting an STD:

- ❖ Use a condom when you have sex
- ❖ Ask the person you are having sex with if they have an STD or if they have been tested for one
- ❖ Stick to having sex with one person you trust!
- ❖ Thinking of having sex with someone new? You can get tested for STDs first

Signs of Common STDs

- ❖ Pain when going to the bathroom
- ❖ Sores on or around the penis, anus, or vagina
- ❖ Itching or burning around the penis, anus, or vagina
- ❖ Flu symptoms such as a fever, tiredness, headache, or sore throat

You may not have any signs of an STD, so getting tested is important! The next box has resources for testing.

Where to Get Tested and Treated for STDs



- ❖ Planned Parenthood Seattle located at 2001 E Madison St.
- ❖ Sexual Health Clinic at Harborview, 908 Jefferson St
- ❖ Lifelong Sexual Health services at 1016 E Pike St, Unit 300, <https://www.lifelong.org/sexual-health-testing>



- ❖ STD testing may include providing a sample of your pee, getting your cheek swabbed, or having a small amount of blood taken
- ❖ The doctor might ask you questions about the kind of sexual contact you've had, how many partners you have had, and other things that might increase your risk.

If you test positive, that's okay! There are treatments available.

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SEX
TRANSMIT
SYPHILIS
PLEASURE
TESTING
ANTIBIOTICS
GONORRHEA
INFECTION
HPV
HERPES
HEPATITIS
CONDOM
CHLAMYDIA

Antibiotics: a medicine used to treat infections

Condom: a protective barrier that goes over the penis during sexual contact to protect against infection

Chlamydia: a common sexually transmitted infection

Gonorrhea: a sexually transmitted infection that can affect the genitals and throat

Herpes: a sexually transmitted virus that can cause sores on the skin

Hepatitis: a sexually transmitted virus that can affect the liver

HPV: the most common sexually transmitted disease that can cause warts

Infection: when bacteria or a virus enters the body and makes you sick

Pleasure: experiencing something that feels good

Sex: a healthy and natural activity that involves sexual contact

Syphilis: a sexually transmitted infection

Testing: when you provide urine, blood, or a swab so the doctor can look for infection

Transmit: how diseases are passed from one person to another