

## Take Care of Yourself... to avoid an STD

### What is an STD?

It's a disease you can get from the person you have sex with. STD stands for Sexually Transmitted Disease. If you have sex with someone who has a sexual disease, you can get an STD

### Why worry about an STD?

STDs can hurt your health. STDs can also hurt your chances of having children in the future. Pregnant women can get the same STDs as women who are not pregnant. Many types of STD can cause harm to unborn babies.

### How to take care of yourself

- ✚ The only way you can be sure you won't get an STD is to decide not to have sex.
- ✚ If you do have sex, use condoms (rubbers) **every** time.
- ✚ Get an STD test at a clinic or doctor's office once a year or every time you have a new sex partner. Talk to your partner(s) about getting tested too.
- ✚ Stay away from drugs and alcohol. If you are drunk or stoned, it is hard to make good decisions for yourself.

### How to know if you have an STD

You can have an STD and not know you have it. Know the signs of an STD. They are:

- ✚ Pain when you urinate (pee)
- ✚ Pain in the lower abdomen (stomach)

- ✚ Discharge (fluid) from the penis or the vagina that has a different smell or color than usual.
- ✚ Lumps, bumps, rashes or itching around the penis or vagina

Sometimes there are NO SIGNS.

### What to do if you have signs of an STD?

Go to a clinic or your doctor for an STD test if you or your sex partners have any of the signs of an STD. Getting tested is easy. Get tested once a year. It's part of taking care of yourself. Remember, STDs can hurt your health, especially if you get one and don't get medical help right away.

#### *Some common types of STDs*

HIV & AIDS	Genital Herpes
Gonorrhea	Syphilis
Chlamydia	Hepatitis A,B & C
Human Papillomavirus (HPV - genital warts)	Trichomoniasis

