



**BLUE EARTH
COUNTY**

**Department of
Human Services**

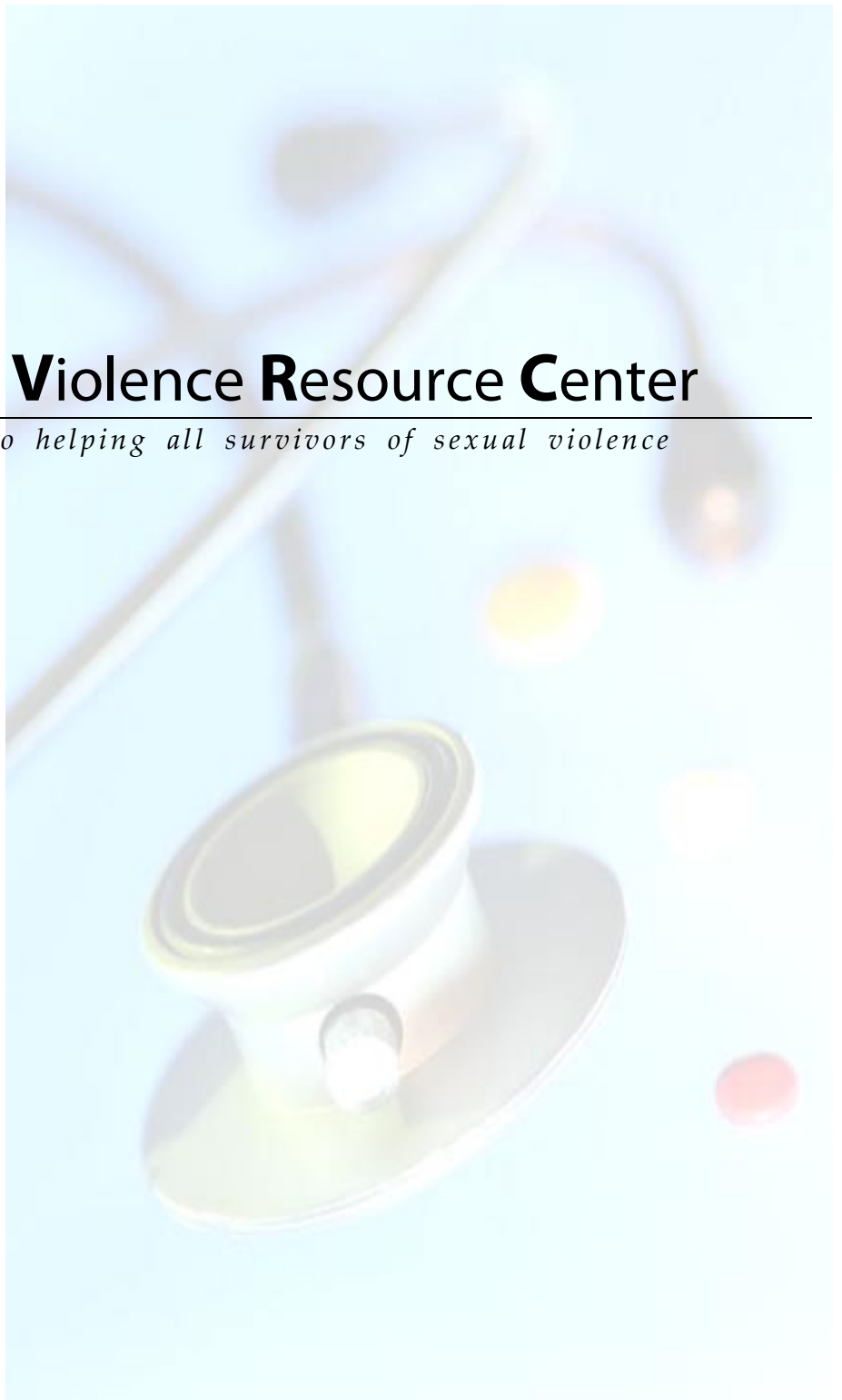
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Sexual Violence Resource Center

Dedicated to helping all survivors of sexual violence



STD/STI Packet



STI/STD Facts & Information

Vaginitis

(most common causes: Yeast infection, Trichomonas, Bacterial vaginosis)

Signs and Symptoms

Vaginal Symptoms for Women:

- Itching, burning, or pain in vagina
- More discharge than normal
- Discharge may have foul odor and/or looks different
- Some women have no symptoms

Men can acquire germs which cause vaginitis in women.

- Discharge and mild discomfort in penis
- Most have no symptoms, but still spread germs

Transmission

Some forms of Vaginitis can be spread by:

- Vaginal sex
- Oral sex
- Anal sex
- Men who carry germs which cause vaginitis

Complications/Consequences

If Vaginitis is Left Untreated:

- Uncomfortable symptoms will continue
- Men can get infections in the prostate gland and urethra
- Can be spread to other sex partners
- May contribute to pelvic inflammatory disease
- If pregnant, can lead to premature delivery

Prevention

Recommendations to Reduce the Spread of Vaginitis (particularly Trichomonas):

- Latex condoms, when used consistently and correctly, can reduce the risk of transmission of trichomoniasis
- Always use latex condoms during vaginal and anal sex
- Use a latex condom for oral sex on a vagina or anus (dental dam or condom cut in half)
- Limit the number of sexual partners
- Get a test from a doctor or other medical provider if infection suspected
- Notify sexual partners immediately if infected
- Infected sexual partners should be treated (not needed for yeast infection or bacterial vaginitis)

Treatment

Treatment of Vaginitis:

- Vaginitis can be cured with proper medication from a doctor
- For Trichomonas, infected partners should be treated at same time
- For Trichomonas, inform doctor if you are or may be pregnant.

Treatment of Yeast Infection:

- Nonprescription medication available at pharmacy should be used only by women who have had previous yeast infections diagnosed by physician



Syphilis (“Syph”, “The Pox”)

(caused by *Treponema pallidum*, a bacteria)

Signs and Symptoms

1st Stage (primary syphilis)

Symptoms show up 1-12 weeks after exposure

- A painless, open sore on the mouth, sex organs or anus
- Sores can be “hidden” in the vagina or rectum; sores last 1-5 weeks
- Sores go away, but syphilis is still in the blood

2nd Stage (secondary syphilis)

- Symptoms show up 6 weeks to 6 months after sore appears
- A rash anywhere on the body
- Flu-like symptoms

Latent Stage

- No sores or rashes, but syphilis is still in the blood and can affect the heart, brain and other organs over time (tertiary syphilis)

Transmission

Syphilis is Spread by:

- Vaginal sex
- Oral sex
- Anal sex
- Infected mother to newborn

Complications/Consequences

If Left Untreated, Syphilis Can Cause:

- Heart disease
- Blindness
- Brain damage

Syphilis During Pregnancy May Cause:

- Stillbirths (in pregnant women)
- Congenital birth defects
- Severe damage to bones, brain, lungs, liver and other organs in infected infants

Prevention

Recommendations to Reduce the Spread of

Syphilis:

- Genital ulcer diseases can occur in genital areas that are even covered or protected by a latex condom. They can also occur in areas that are not covered or protected. Latex condoms, when used consistently and correctly, can reduce the risk of syphilis only when the infected areas are covered or protected by the condom.
- Always use latex condoms during vaginal and anal sex
- Use a latex condom for oral sex on a penis
- Use a latex barrier for oral sex on a vagina or anus (dental dam or condom cut in half)
- Limit the number of sex partners
- Get a test from a doctor or other medical provider if infection or exposure is suspected
- Notify sex partners immediately if infected
- Ensure partners are tested and treated

Treatment

Treatment of Syphilis:

- Syphilis can be cured with proper medication from a doctor
- Partners should be treated at same time

NOTE: A person can be reinfected after treatment.



Chlamydia

(caused by *Chlamydia trachomatis*, a bacteria)

Signs and Symptoms

Chlamydia Symptoms:

- Begins 7-21 days after exposure
- Many people have no symptoms

Chlamydia Symptoms For Women:

- Abnormal vaginal bleeding or discharge
- Burning or pain during urination
- Pain in lower abdomen
- Anal discomfort

Chlamydia Symptoms for Men:

- Watery or thin white discharge from penis
- Burning or pain during urination
- Anal discomfort

Transmission

Chlamydia is Spread by:

- Vaginal sex
- Oral sex
- Anal sex

Complications/Consequences

If Left Untreated, Chlamydia can:

- Lead to ectopic (tubal) pregnancy
- Lead to pelvic inflammatory disease
- Lead to infertility in men and women
- Spread to other sex partners

Chlamydia and Pregnancy:

- Can be passed to newborn during childbirth and cause serious eye infection or pneumonia
- Can lead to premature delivery and low birth weight

Prevention

Recommendations to Reduce the Spread of Chlamydia Infection:

- Latex condoms, when used consistently and correctly, can reduce the risk of transmission of chlamydia
- Always use latex condoms during vaginal and anal sex
- Use a latex condom for oral sex on a penis
- Use a latex barrier for oral sex on vagina or anus (dental dam or condom cut in half)
- Limit the number of sex partners
- Get a test from a doctor or other medical provider if infection is suspected
- Notify sex partners immediately if infected
- Ensure partners are tested and treated

Treatment

Treatment of Chlamydia:

- Appropriate medication prescribed by physician, taken exactly as directed (using doxycycline incorrectly will not cure chlamydia)
- Home remedies are not effective
- Partners should be treated at same time

NOTE: A person can be reinfected again and again after treatment.



Gonorrhea (“Clap”)

(caused by Neisseria gonorrhoea, a bacteria)

Signs and Symptoms

Gonorrhea Symptoms:

- Usually begin 2-7 days after exposure
- May be mild or absent, especially in women

Gonorrhea Symptoms for Women:

- Abnormal vaginal bleeding, discharge or itching
- Burning or pain during urination or bowel movement
- More pain than usual during periods
- Cramps and pain in lower abdomen
- Anal discomfort, itching or discharge

Gonorrhea Symptoms for Men:

- Thick, white or yellow discharge (pus) from penis
- Burning or pain during urination or bowel movement
- Anal discomfort, itching or discharge

Transmission

Gonorrhea is Spread by:

- Vaginal sex
- Oral sex
- Anal sex
- Infected mother to newborn

Complications/Consequences

If Left Untreated, Gonorrhea can:

- Lead to pelvic inflammatory disease
- Lead to ectopic (tubal) pregnancy
- Lead to infertility in men and women
- Cause infection in the joints
- Spread to other sex partners

Gonorrhea and Pregnancy:

- Infection may be passed to newborn during childbirth
- May cause serious eye infection in newborn
- May infect other organs

Prevention

Recommendations to Reduce the Spread of Gonorrhea:

- Latex condoms, when used consistently and correctly, can reduce the risk of transmission of gonorrhea
- Always use latex condoms during vaginal and anal sex
- Use a latex condom for oral sex on a penis
- Use a latex barrier for oral sex on a vagina or anus (dental dam or condom cut in half)
- Limit the number of sex partners
- Notify sex partners immediately if infected
- Make sure partners are tested and treated at same time to prevent reinfection
- Get tested regularly

Treatment

Treatment of Gonorrhea:

- Can be cured with proper medication from a doctor
- Partners should be treated at same time

NOTE: A person can be reinfected after treatment.



Genital Warts/HPV

(caused by human papillomavirus - HPV)

Signs and Symptoms

Genital Warts Symptoms:

- Most people have no symptoms
- Develop within weeks or months after exposure, or not at all
- Soft fleshy lumps on or near sex organs or anus
- Itching or burning around sex organs
- Warts may be hidden in the vagina or anus
- The warts may go away with treatment, but the HPV infection persists

Transmission

Genital Warts are Spread by:

- Vaginal sex
- Oral sex (rare)
- Anal sex
- Contact with infected person's warts
- Infected mother to newborn (very rare)
- Warts/HPV may be spread even if no warts are visible due to the virus present on areas not protected by a condom

Complications/Consequences

If Left Untreated, Genital Warts can:

- Be passed to newborn during childbirth; can cause warts in infant's throat (very rare)
- Spread to other sex partners

Some virus strains lead to abnormal Pap test, increased risk of cervical, and/or penile cancer, but these strains do not cause visible warts. Sexually active women should have yearly Pap tests starting 3 years after they first had sex.

A physician may perform a special test to identify the cancer associated strains.

Prevention

Recommendations to Reduce the Spread of Genital Warts/HPV:

- Genital ulcer diseases and HPV infections can occur in genital areas that are covered or protected by a latex condom. They can also occur in areas that are not covered or protected. Latex condoms, when used consistently and correctly, can reduce the risk of HPV infection only when the infected areas are covered or protected by the condom. In addition, the use of latex condoms has been associated with a reduction in risk of HPV-associated diseases, such as cervical cancer
- Always use latex condoms during vaginal and anal sex
- Use a latex condom for oral sex on penis
- Use a latex barrier for oral sex on a vagina or anus (dental dam or condom cut in half)
- Limit the number of sex partners
- Get an exam for genital warts by a doctor or other medical provider if infection is suspected

Treatment

Treatment of Genital Warts/HPV:

- Warts can be treated, but HPV cannot be cured
- Requires medical treatment by doctor
- Drugstore treatment for other kinds of warts may be harmful if used on genital warts
- No increased cancer risk with HPV strains that cause visible genital warts. But, high risk strains may be present along with visible warts
- The body may eventually clear the virus



Herpes

(caused by herpes simplex virus types 1 and 2, HSV)

Signs and Symptoms

Genital Herpes Symptoms:

- Develop 2-30 days, or longer, or not at all
- Most may never develop symptoms or the symptoms are too mild to notice
- Small, painful fluid-filled blisters on sex organs, mouth or anus
- Blisters progress to open sores that crust over and heal within 1 to 2 weeks
- Blisters may be “hidden” in the vagina
- First episode most severe, subsequent episodes milder
- Itching or burning on skin in area where blisters are about to appear
- Initial infection often accompanied by fever, headache and swollen lymph nodes
- Blisters go away, but infection still remains in the body
- Blisters can return periodically, but usually shorter duration and less severe

Transmission

Genital Herpes is Spread by:

- Vaginal sex
- Oral sex
- Anal sex
- Contact with infected person’s lesions
- Infected mother to newborn
- Viral shedding may occur in the absence of blisters, so transmission is possible when lesions are absent
- Most transmission occurs in absence of sores

Complications/Consequences

Genital Herpes can:

- Make infection by other germs, like HIV, easier as the blisters provide easy entry to other STD germs.
- Cause recurrent painful attacks

Genital Herpes and Pregnancy:

- Newborn may acquire infection from mother during delivery
- Infection in newborn may cause death, or severe damage to the brain, lungs and

liver

- Most pregnant women with recurrent genital herpes deliver normal infants
- Risk is highest for infants born to mothers who have first (primary) episode of genital herpes during pregnancy

Prevention

Recommendations to Reduce the Spread of Genital Herpes:

- Genital ulcer diseases can occur in genital areas that are covered or protected by a latex condom. They can also occur in areas that are not covered or protected. Latex condoms, when used consistently and correctly, can reduce the risk of genital herpes only when the infected areas are covered or protected by the condom
- Always use latex condoms during vaginal and anal sex
- Use a latex condom for oral sex on a penis
- Use a latex barrier for oral sex on a vagina or anus (dental dam or condom cut in half)
- Limit the number of sex partners
- Get an exam for genital herpes by doctor or other medical provider if herpes infection suspected
- Notify sex partners immediately if infected
- When pregnant, inform doctor if previously infected with herpes
- Never have sex with someone who has genital herpes when sores are present

Treatment

Treatment of Genital Herpes:

- No cure available; infection persists for life
- Recurrent episodes of blisters can be prevented by taking an antiviral medication each day
- Treatment of recurrent episodes generally does shorten the length of illness
- Comfort measures are available for recurrent episodes



Pubic Lice (“Crabs”) and Scabies

(caused by Phthirus pubis, the crab louse, and Scabies caused by Sarcoptes scabiei, a mite)

Signs and Symptoms

Pubic Lice and Scabies Symptoms:

- Severe itching
- Sometimes lice can be seen in hairy parts of body

Transmission

Pubic Lice and Scabies are Spread by:

- Sexual contact
- Close physical contact
- Infested towels, toilet seats, bedding and clothing

Complications/Consequences

If Left Untreated:

- Pubic lice can spread from pubic hair to other hairy areas
- Scabies can spread through a family

Prevention

Recommendations to Reduce the Spread of Pubic Lice and Scabies:

- Get a test from a doctor or other medical provider if infection suspected
- Limit the number of sex partners
- Notify sex partners immediately if infested
- Infested sex partners should be treated
- Avoid sleeping in the same bed or sharing towels or clothes with someone who is infected
- Get tested regularly

Treatment

Treatment of Pubic Lice and Scabies:

- Can be killed with proper use of medication from doctor
- Wash all clothes, bedding in hot water
- Vacuum furniture
- Treat partners at same time

NOTE: A person can be reinfected after treatment.

For more information, please contact:

**Infectious Disease Epidemiology, Prevention,
and Control Division
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