

# STD Fact Sheet

## What are STDs?



Sexually transmitted diseases (STDs) are diseases that are spread through sexual contact. If you have sex with someone who has an STD, you can get it too.

Sometimes you can have an STD with no signs or symptoms. Other times, the symptoms will go away on their own. Either way, **you still have an STD until you get treated.**

STDs are among the most common diseases in the United States. About 1 in 4 Americans has an STD.

Correct and consistent use of latex condoms offer the best protection against STD/HIV infection for those people that are sexually active.

## What are the symptoms of STDs?

### Possible symptoms for women

- sores, bumps, or blisters near your genitals, anus, or mouth
- itching, a bad smell, or unusual discharge from your vagina or anus
- bleeding from your vagina when you don't have your period
- pain in your lower belly
- burning or pain when you pee

### Possible symptoms for men

- sores, bumps, or blisters near your genitals, anus, or mouth
- unusual drip or discharge from your penis
- itching, pain, or discharge from your anus
- burning or pain when you pee

## If you think you might have an STD:

1) Stop having sex until you and your partner(s) get tested. If you have an infection, avoid sex until you (and your partner(s)) have finished your medicine or as instructed by your medical provider. If you have an infection that causes sores, do not have sex until the sores are healed;

2) Tell your partner(s). Otherwise, they may not get checked and treated. An untreated partner can get very sick or pass the infection back to you or on to another sex partner; and

3) Call your provider to schedule an appointment to be tested, or call Snohomish Health District 425.339.5298 for a referral to a local clinic that may be able to offer low cost STD services.

