

# WHAT DO YOU KNOW ABOUT STIs?

## CHLAMYDIA

### WHAT IS IT?

It is a bacterial infection of the genital area.

### SYMPTOMS

Most people have no symptoms. Symptoms may not appear until several weeks after exposure. Those with symptoms may notice abnormal vaginal or penile discharge, pain and

swelling in one or both testicles, and/or burning sensation during urination.

### HOW IT IS SPREAD

It is spread through vaginal, oral or anal sex. It can also be passed from a pregnant person to their baby during childbirth.

### TREATMENT

The right treatment can cure chlamydia. Repeat infection with chlamydia is common.

### POSSIBLE CONSEQUENCES

(if left untreated)  
Increased risk for infection of other STIs, including HIV. It can cause pelvic inflammatory disease (PID) which can lead to long-term pelvic pain, infertility, and potentially deadly ectopic pregnancy (pregnancy outside the uterus). Babies born to pregnant people with chlamydia can develop eye or lung infections.

## SYPHILIS

### WHAT IS IT?

It is a bacterial infection that can spread throughout the body.

### SYMPTOMS

Symptoms vary based on the stage (timing) of the infection, beginning with a single, painless sore, called a chancre, on the genital area, anus or mouth. Other symptoms may appear, up to six months, after the first sore has disappeared, and may include a rash. However, there may be no noticeable symptoms until the syphilis has progressed to cause more serious problems. (See below)

### HOW IT IS SPREAD

It is spread through vaginal, oral or anal sex. It can also be passed through a sore (chancre) on the mouth or skin and can be passed from a pregnant person to their baby during childbirth.

### TREATMENT

The right treatment can cure syphilis. However, treatment might not undo any damage that the infection has already done. People who have been treated for syphilis can get it again.

### POSSIBLE CONSEQUENCES

(if left untreated)  
Increased risk for infection of other STIs, including HIV. Untreated, the symptoms will disappear, but the infection stays in the body and can cause damage to the brain, heart, nervous system, and even death. People pregnant with syphilis are more likely to have premature birth and/or low birth weight in newborns. Untreated babies can have health problems such as cataracts, deafness, or seizures, and can die.

## TRICHOMONIASIS (TRICH)

### WHAT IS IT?

It is a parasitic infection of the genital area.

### SYMPTOMS

About 70% of infected people do not have any signs or symptoms. Those with symptoms may notice itching, burning, redness or soreness of the genitals, discomfort with urinations; burning after urination or ejaculation, discharge from penis, and/or a change in vaginal discharge that can be clear, white, yellowish, or green with an unusual fishy smell.

### HOW IT IS SPREAD

It is spread through vaginal sex.

### TREATMENT

The right treatment can cure Trich. People who have been treated for trichomoniasis can get it again.

### POSSIBLE CONSEQUENCES

(if left untreated)  
Increased risk for infection of other STIs, including HIV. People pregnant with Trich are more likely to have their babies too early and/or have babies born with a low birth weight.

## GONORRHEA

### WHAT IS IT?

It is a bacterial infection of the genital area and/or throat.

### SYMPTOMS

Most people have no symptoms. Those with symptoms may notice increased vaginal discharge, bleeding between periods, discharge from their penis, pain and swelling in one or both testicles, and/or burning sensation during urination. Rectal infections may cause discharge, anal itching, soreness, bleeding and/or painful bowel movements.

### HOW IT IS SPREAD

It is spread through vaginal, oral or anal sex. It can also be passed from a pregnant person to their baby during childbirth.

### TREATMENT

The right treatment can cure gonorrhea. However, treatment might not undo any damage that the infection has already done. People who have been treated for gonorrhea can get it again.

### POSSIBLE CONSEQUENCES

(if left untreated)  
Increased risk for infection of other STIs, including HIV. It can cause pelvic inflammatory disease (PID) which can lead to formation of scar tissue that blocks fallopian tubes, long-term pelvic pain, infertility and potentially deadly ectopic pregnancy (pregnancy outside the uterus). Rarely, untreated gonorrhea can also spread to your blood or joints. This condition can be life-threatening. Babies born to pregnant people with gonorrhea can develop serious health problems.

# KNOW THE FACTS!

It is important to take all medication as prescribed by a healthcare provider. Do not share medication. Even after successful completion of treatment, reinfection is possible. To avoid getting reinfected, wait to have sex again until all sexual partners have been treated and all symptoms go away.

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# GET TESTED TODAY!



## HIV

### WHAT IS IT?

Human Immunodeficiency Virus is the virus that causes AIDS.

### SYMPTOMS

Many people with HIV do not have symptoms. Symptoms do not usually develop until a person's immune system has been weakened. On average it takes about 10 years from initial HIV infection to develop AIDS if left untreated.

### HOW IT IS SPREAD

It is spread through vaginal, oral or anal sex. It can be passed through direct contact with blood, sharing needles/drug works and from a pregnant person to their baby during childbirth.

### TREATMENT

There is no cure for HIV/AIDS. Early diagnosis and treatment can improve a person's chances of living a longer, healthier life. Antiretroviral medication can slow the progression

of HIV and delay the onset of AIDS. Once the viral load is Undetectable, HIV is Untransmittable (U=U).

### POSSIBLE CONSEQUENCES

(if left untreated)  
Increased risk for other life-threatening infections and cancers. HIV makes a person more vulnerable to infections they would not normally get by weakening the body's ability to fight disease. HIV can also cause infections, such as other STIs and pneumonia, to be much worse.

## HEPATITIS B VIRUS (HBV)

### WHAT IS IT?

It is a viral infection affecting the liver. HBV can be acute (mild illness lasting for a short time) or chronic (a serious life-long illness).

### SYMPTOMS

Many people have no symptoms. People may experience tiredness, aches, nausea/vomiting, loss of appetite, darkening of urine, tenderness in the stomach or yellowing of the skin and/or whites of the eyes (called jaundice). Symptoms of acute HBV may appear 1-6 months after exposure. Symptoms of chronic HBV can take up to 30 years to appear, although liver damage may occur without symptoms.

### HOW IT IS SPREAD

It is spread through vaginal, oral or anal sex. It can also be passed through direct contact with blood, sharing needles/drug works and from a pregnant person to their baby during childbirth.

### TREATMENT

There is no medication available to treat acute HBV. Healthcare providers will usually recommend rest, eating well and drinking lots of fluids for mild symptoms. Chronic HBV is treated through close monitoring by a doctor and antiretroviral medications. Vaccination to prevent HBV is available.

### POSSIBLE CONSEQUENCES

(if left untreated)  
Increased risk for infection of other STDs, including HIV, and chronic persistent inflammation of the liver and later cirrhosis or cancer of the liver. Babies born to a pregnant person with HBV are likely to develop chronic HBV if they do not get vaccinated at birth.

## GENITAL HERPES

### WHAT IS IT?

It is a viral infection of the genital area and/or mouth.

### SYMPTOMS

Most people have no symptoms. Herpes type 1 typically causes cold sores/fever blisters on the mouth. Herpes type 2 typically causes genital sores/blisters. Both viruses can cause sores in either area. A herpes outbreak can start as red bumps and then turn into painful blisters/sores. During the first outbreak it can also lead to flu-like symptoms, such as fever, headaches and swollen glands.

### HOW IT IS SPREAD

It is spread through vaginal, oral or anal sex. It can also be passed through skin-to-skin contact, kissing and rarely can be passed from a pregnant person to their fetus before birth or during childbirth. Herpes can be spread between sex partners without visible sores.

### TREATMENT

There is no cure for HSV. However, there is medication that can prevent or shorten outbreaks. A daily anti-herpes medicine can make it less likely to pass the infection on to your sex partner(s).

### POSSIBLE CONSEQUENCES

(if left untreated)  
Increased risk for infection of other STIs, including HIV. Do not touch the sores or fluids to avoid spreading herpes to another part of your body. If you do touch the sores or fluids, quickly wash your hands thoroughly to help avoid spreading the infection. People pregnant with HSV are more likely to have miscarriages, premature birth and/or low birth weight in newborns.

## HUMAN PAPILOMAVIRUS (HPV)

### WHAT IS IT?

Human Papillomavirus is a virus with over 200 types. There are 30-40 that can infect the genital area and cause warts. There are also 15-20 types that can cause cancer.

### SYMPTOMS

Most people with HPV do not know they have the infection. Some people find out they have HPV when they get genital warts. Women may find out they have HPV when they get an abnormal Pap test result. Others may find out once they've developed more serious problems from HPV, such as cancers.

### HOW IT IS SPREAD

It is spread through vaginal, oral or anal sex. It can also be passed during skin to skin contact during sex and in rare cases, from a pregnant person to their baby during childbirth.

### TREATMENT

There is no cure for HPV. However, there are treatments for the health problems that HPV can cause. Vaccines to prevent HPV are available for both males and females 9-45 years of age. Routine screening for women aged 21 to 65 years old can prevent cervical cancer.

### POSSIBLE CONSEQUENCES

(if left untreated)  
In most cases (9 out of 10), HPV goes away on its own within two years without health problems. But when HPV does not go away, it can cause health problems like genital warts and cancer.

**DIAL 211  
FOR TESTING LOCATIONS**