

Sexually Transmitted Diseases

(updated April 2022)



Sexually Transmitted Diseases

This education packet is a curated compilation of resources on sexually transmitted diseases.

The contents of this packet are listed below:

- HIV and Sexually Transmitted Diseases (HIVinfo)
- El VIH y las Enfermedades de Transmisión Sexual (HIVinfo)
- Sexually Transmitted Infections (HIV.gov)
- STDs and HIV (CDC)
- Las ETS y el VIH (CDC)
- What Are STDs? (CDC)

You may wish to customize this packet to meet the needs or interests of particular groups, such as event participants, providers, patients, clients, or the general public. So please feel free to distribute all or part of this document as either a printout or PDF.

HIV and Sexually Transmitted Diseases (STDs)

 hivinfo.nih.gov/understanding-hiv/fact-sheets/hiv-and-sexually-transmitted-diseases-stds

Last Reviewed: August 26, 2021

Key Points

- Sexually transmitted diseases (STDs), also called sexually transmitted infections (STIs), are infections that spread from person to person through sexual activity, including anal, vaginal, or oral sex.
- Many health care providers use the term “infection” instead of “disease”, because a person with an infection may have no symptoms but still require treatment. When untreated, an STI can become a disease.
- HIV is a sexually transmitted infection, but it can progress to a disease called acquired immunodeficiency syndrome (AIDS) when HIV infection is untreated. Other examples of STDs are chlamydia, gonorrhea, human papillomavirus (HPV) infection, and syphilis.
- Having an STD can make it easier to get HIV. For example, an STD can cause a sore or a break in the skin, which can make it easier for HIV to enter the body. Having HIV and another STD may increase the risk of HIV transmission.
- To prevent STDs, including HIV, choose less risky sexual behaviors and use condoms correctly every time you have sex.

What is an STD?

STD stands for sexually transmitted disease, also called sexually transmitted infections (STIs). STDs are infections that spread from person to person through sexual activity, including anal, vaginal, or oral sex. STDs are caused by bacteria, parasites, and viruses.

Many health care providers use the term “infection” instead of “disease”, because a person with an infection may have no symptoms but still require treatment. When untreated, an STI can become a disease.

HIV is a sexually transmitted infection, but it can progress to a disease called acquired immunodeficiency syndrome (AIDS) when HIV infection is untreated with HIV medicines. Other examples of STDs are chlamydia, gonorrhea, human papillomavirus (HPV) infection, and syphilis.

What is the connection between HIV and other STDs?

Behaviors that put people at risk for HIV also increase their risk for other STDs. These behaviors include the following:

- Having sex without a condom.
- Having sex with many partners, especially anonymous partners.
- Having sex while using drugs or alcohol. Using drugs and alcohol can affect a person's judgement, which can lead to risky behaviors.

Having an STD can make it easier to get HIV. For example, an STD can cause a sore or a break in the skin, which can make it easier for HIV to enter the body. Having HIV and another STD may increase the risk of HIV transmission.

How can a person reduce the risk of getting an STD?

Sexual abstinence (never having vaginal, anal, or oral sex) is the only way to eliminate any chance of getting an STD. But if you are sexually active, you can take the following steps to lower your risk for STDs, including HIV.

Choose less risky sexual behaviors.

- Reduce the number of people you have sex with.
- Do not drink alcohol or use drugs before and during sex.

Use condoms correctly every time you have sex.

Visit this website from the Centers for Disease Control and Prevention (CDC) to learn how to use condoms correctly.

How can a person with HIV prevent passing HIV to others?

Take HIV medicines daily. Treatment with HIV medicines (called antiretroviral therapy or ART) helps people with HIV live longer, healthier lives. One of the goals of ART is to reduce a person's viral load to an undetectable level. An undetectable viral load means that the level of HIV in the blood is too low to be detected by a viral load test. People with HIV who maintain an undetectable viral load have effectively no risk of transmitting HIV to their HIV-negative partner through sex.

If your viral load is not undetectable—or does not stay undetectable—you can still protect your partner from HIV by using condoms and choosing less risky sexual behaviors. Your partner can take medicine to prevent getting HIV, which is called pre-exposure prophylaxis (PrEP). PrEP is an HIV prevention option for people who do not have HIV but who are at risk of getting HIV. PrEP involves taking a specific HIV medicine every day to reduce the risk of getting HIV through sex or injection drug use.

To learn more, read the HIVinfo Pre-Exposure Prophylaxis (PrEP) fact sheet.

What are the symptoms of STDs?

Symptoms of STDs may be different depending on the STD, and not everyone will experience the same STD symptoms. Examples of possible STD symptoms include painful urination (peeing), unusual discharge from the vagina or penis, and fever.

STDs may not always cause symptoms. Even if a person has no symptoms from an STD, it is still possible to pass the STD on to other people.

Talk to your health care provider about getting tested for STDs and ask your sex partner to do the same.

To find STD information and testing sites near you, call CDC-INFO at 1-800-232-4636 or visit CDC's [GetTested](#) webpage.

What is the treatment for STDs?

STDs caused by bacteria or parasites can be cured with medicine. There is no cure for STDs caused by viruses, but treatment can relieve or eliminate symptoms and help keep the STD under control. Treatment also reduces the risk of passing on the STD to a partner. For example, although there is no cure for HIV, HIV medicines can prevent HIV from advancing to AIDS and reduce the risk of HIV transmission.

Untreated STDs may lead to serious complications. For example, untreated gonorrhea in women can cause pelvic inflammatory disease, which may lead to infertility. Without treatment, HIV can gradually destroy the immune system and advance to AIDS.

El VIH y las enfermedades de transmisión sexual (ETS)

 hivinfo.nih.gov/es/understanding-hiv/fact-sheets/el-vih-y-las-enfermedades-de-transmision-sexual-ets

Última revisión: Agosto 26, 2021

Puntos importantes

- Las enfermedades de transmisión sexual (ETS) son infecciones que se propagan de una persona a otra por medio de la actividad sexual, incluso por relaciones sexuales por vía anal, vaginal u oral.
- Muchos proveedores de atención médica usan el término "infección" en lugar de "enfermedad", porque una persona con una infección podría no presentar síntomas pero aun así necesitar tratamiento. Si no se trata, una ITS puede convertirse en una enfermedad.
- El VIH es una infección de transmisión sexual, pero puede convertirse en una enfermedad conocida como síndrome de inmunodeficiencia adquirida (SIDA) cuando la infección por VIH se deja sin tratar. Otros ejemplos de enfermedades de transmisión sexual son clamidia, gonorrea, infección por el virus del papiloma humano (VPH) y sífilis.
- Cuando una persona tiene una ETS puede contraer la infección por el VIH con más facilidad. Por ejemplo, una ETS puede causar una úlcera o una herida en la piel, con lo cual se facilita la entrada del VIH al cuerpo. Tener el VIH y otras ETS puede aumentar el riesgo de transmisión del VIH.
- Para prevenir las ETS, incluso el VIH, debe seleccionar actividades sexuales menos riesgosas y usar condones correctamente cada vez que tenga relaciones sexuales.

¿Qué es una ETS?

Una ETS es una enfermedad de transmisión sexual. Las ETS se conocen como infecciones de transmisión sexual (ITS). Las ETS son infecciones que se propagan de una persona a otra por medio de la actividad sexual, incluso por relaciones sexuales por vía anal, vaginal u oral. Las ETS son causadas por bacterias, parásitos y virus.

Muchos proveedores de atención médica usan el término "infección" en lugar de "enfermedad", porque una persona con una infección podría no presentar síntomas pero aun así necesitar tratamiento. Si no se trata, una ITS puede convertirse en una enfermedad.

El VIH es una infección de transmisión sexual, pero puede convertirse en una enfermedad conocida como síndrome de inmunodeficiencia adquirida (SIDA) cuando la infección por VIH no se trata con medicamentos contra el VIH. Otros ejemplos de enfermedades de transmisión sexual son clamidia, gonorrea, infección por el virus del papiloma humano (VPH) y sífilis.

¿Cuál es la conexión entre el VIH y otras ETS?

Los patrones de comportamiento que exponen a las personas a riesgo de contraer el VIH también pueden aumentar su riesgo de contraer otras ETS. Estos patrones de comportamiento incluyen los siguientes:

- Relaciones sexuales sin condón.
- Relaciones sexuales con muchas parejas, especialmente parejas anónimas.
- Relaciones sexuales bajo los efectos de drogas o de bebidas alcohólicas. El uso de las drogas y el alcohol puede afectar el juicio de las personas, lo que puede provocar comportamientos riesgosos.

Cuando una persona tiene una ETS, puede contraer el VIH con más facilidad. Por ejemplo, una ETS puede causar una úlcera o una herida en la piel, con lo cual se facilita la entrada del VIH al cuerpo. Al tener el VIH y otras ETS, puede aumentar el riesgo de transmisión del VIH.

¿Cómo puede una persona reducir el riesgo de contraer una ETS?

La abstinencia sexual (no tener relaciones sexuales vaginales, anales u orales) es la única forma de eliminar cualquier posibilidad de contraer una ETS. Sin embargo, si una persona tiene actividad sexual, puede tomar las siguientes medidas para reducir su riesgo de contraer una ETS, incluso el VIH.

Seleccione comportamientos sexuales menos riesgosos.

- Reduzca el número de personas con las que tiene relaciones sexuales.
- No consuma bebidas alcohólicas ni drogas antes de tener relaciones sexuales, ni durante las mismas.

Use los condones correctamente cada vez que tenga relaciones sexuales.

Lea esta hoja informativa de los Centros para el Control y la Prevención de Enfermedades (Centers for Disease Control and Prevention, CDC) sobre cómo usar condones correctamente.

¿Cómo puede una persona con VIH prevenir la transmisión del VIH a otras personas?

Tome medicamentos contra el VIH a diario. El tratamiento con esos medicamentos (llamado tratamiento antirretroviral o TAR) ayuda a las personas con el VIH a llevar una vida más larga y sana. Unos de los objetivos importantes del TAR es reducir la carga viral de una persona a una concentración indetectable. Una carga viral indetectable significa que la concentración del VIH en la sangre es demasiado baja como para poder ser detectada

mediante una prueba de carga viral. Las personas con el VIH que mantienen una carga viral indetectable no tienen efectivamente riesgo alguno de transmitir el VIH a su pareja VIH negativa a través del sexo.

Si su carga viral no es indetectable, o si no permanece indetectable, todavía puede proteger a su pareja del VIH mediante el uso de condones y la selección de comportamientos sexuales menos riesgosos. Su pareja puede tomar medicamentos para prevenir el VIH, lo que se conoce como profilaxis preexposición o PrEP. La PrEP es una opción para prevenir el VIH para las personas que no tienen el virus pero que corren un riesgo de contraer el VIH. La profilaxis previa a la exposición implica tomar un medicamento específico contra el VIH todos los días para reducir el riesgo de contraer el virus a través del sexo o el uso de drogas inyectables.

Para obtener más información, lea la [hoja informativa sobre la profilaxis preexposición \(PrEP\)](#) de HIVinfo.

¿Cuáles son los síntomas de las ETS?

Los síntomas de las ETS pueden ser diferentes dependiendo de la ETS, y no todas las personas experimentarán los mismos síntomas. Entre los ejemplos de posibles síntomas de ETS cabe citar micción (orinar) dolorosa o frecuente, secreción rara de la vagina o del pene y fiebre.

Las ETS no siempre causan síntomas. Aun si una persona no presenta síntomas de ETS, es posible transmitir esas enfermedades a otras personas.

Hable con su proveedor de atención de salud sobre la prueba de detección de ETS y pídale a su pareja sexual que haga lo mismo.

Para más información sobre las ETS llame a CDC INFO al 1-800-232-4636. Para encontrar los sitios de realización de pruebas cercanos a usted, visite la página web [Hágase la Prueba](#) de los CDC.

¿Cuál es el tratamiento para las ETS?

Las ETS causadas por bacterias o parásitos se pueden curar con medicinas. Las causadas por virus no tienen cura, pero el tratamiento puede aliviar o eliminar los síntomas y ayudar a controlarlas. El tratamiento además reduce el riesgo de transmitir la ETS a la pareja. Por ejemplo, aunque no hay cura para el VIH, los medicamentos contra el VIH pueden evitar que se convierta en [enfermedad inflamatoria de la pelvis](#) que puede causar infertilidad. Sin tratamiento, el VIH puede destruir gradualmente el sistema inmunitario y convertirse en SIDA.

Sexually Transmitted Infections

 hiv.gov/hiv-basics/staying-in-hiv-care/other-related-health-issues/sexually-transmitted-diseases

Content Source: HIV.gov Date last updated: January 02, 2022

January 2, 2022

People with HIV and Sexually Transmitted Infections

Sexually transmitted infections (STIs) are very common among people who are sexually active. Anyone who has sex is at risk, including people with HIV. STIs are also commonly referred to as sexually transmitted diseases (STDs).

STIs are infections that are spread from person to person through sexual activity, including anal, vaginal, or oral sex. HIV is an STI. Other types of STIs include:

- Chlamydia
- Genital herpes
- Gonorrhea
- Human papillomavirus (HPV)
- Syphilis

STIs in the United States have increased in the past 5 years and are a public health crisis. Many STIs do not have symptoms, but when left undetected and untreated they can lead to serious health consequences. If you have HIV, it can be harder to treat STIs, especially if you have a low CD4 count. That's why STI testing and treatment should be part of your regular HIV care if you're sexually active.

Hepatitis B and hepatitis C can also be transmitted through sexual contact and pose health risks to people with HIV. [Read more about these viruses.](#)

What Activities Can Put You at Risk for STIs?

Behaviors that put people at risk for HIV also increase their risk for other STIs. These behaviors include:

- Having anal, vaginal, or oral sex without a condom.
- Having sex with multiple partners, especially anonymous partners.
- Having sex while using drugs or alcohol. Using drugs and alcohol can affect your judgment, which can lead to risky behaviors.

What Can You Do to Prevent Getting STIs?

If you have HIV, the best thing you can do to **stay healthy** is to take HIV medicine (called antiretroviral therapy or ART) exactly as prescribed and get and keep an undetectable viral load—a level of HIV in your blood so low that a standard lab test can't detect it.

But even if you are on ART and your viral load is undetectable, it will not prevent you from getting other STIs, such as gonorrhea, chlamydia, or syphilis.

The only 100% effective way to avoid getting other STIs is to not have vaginal, anal, or oral sex. If you are sexually active, you can do the following things to lower your chances of getting other STIs:

Choose less risky sexual behaviors.

- Reduce the number of people you have sex with.
- Don't drink alcohol or use drugs before and during sex.

Use condoms correctly every time you have sex.

Use a new condom for every act of vaginal, anal, and oral sex throughout the entire sex act (from start to finish).

Condoms are highly effective in preventing STIs, but not foolproof. Read this fact sheet from the Centers for Disease Control and Prevention (CDC) on [how to use condoms correctly](#).

Protecting Your Sexual Partners

If you have HIV, are taking HIV medicine exactly as prescribed, and get and keep an undetectable viral load, you have **effectively no risk of transmitting HIV to an HIV-negative partner through sex**. This is true even if you have an STI other than HIV. However, having an undetectable viral load will not prevent you from transmitting other STIs to your sexual partners.

If you have HIV and you do *not* have an undetectable viral load, untreated STIs may make it more likely that you will spread HIV to a sexual partner. But you can protect your partner from HIV by using condoms and choosing less risky sexual behaviors.

And if you have an HIV-negative partner who has another STI, they may have skin ulcers, sores, or inflammation that may increase their risk of getting HIV during sex.

An HIV-negative partner can take medicine to prevent HIV, called [pre-exposure prophylaxis](#), or [PrEP](#), but PrEP does not protect against other STIs. PrEP is an HIV prevention option for people who don't have HIV but who are at high risk of becoming infected with HIV. PrEP involves taking a specific HIV medicine every day to reduce the risk of HIV infection.

Get Tested and Treated for STIs

If you are sexually active, **getting tested for STIs is one of the most important things you can do to protect your health**. Make sure you have an open and honest conversation about your sexual history and STI testing with your health care provider and ask whether you

should be tested for STIs.

Encourage your partner(s) to do the same. You or your partner(s) might have an STI without having symptoms. You and your partner should determine what sexual behaviors and prevention practices are going to be used in your relationship—and outside of it if you are not exclusive. The goal of this communication is to keep you BOTH healthy and free from new infections. [Here are some great tips on talking with your partner.](#)

If you test positive, know that getting an STI is not the end! Many STIs are curable and all are treatable. If either you or your partner is infected with an STI that can be cured, both of you need to start treatment immediately to avoid getting re-infected.

The U.S. Department of Health and Human Services released the first-ever STI Federal Action Plan (STI Plan) in December 2020, providing a road map for STI prevention, diagnosis, care, and treatment. [Read the STI Plan and find resources to help promote it.](#)

STDs and HIV

 [cdc.gov/std/hiv/stdfact-std-hiv.htm](https://www.cdc.gov/std/hiv/stdfact-std-hiv.htm)

If you have an STD, you are more likely to get HIV or transmit it to others.

Are some STDs associated with HIV?

Yes. In the United States, people who get syphilis, gonorrhea, and herpes often also have HIV, or are more likely to get HIV in the future.

Why does having an STD put me more at risk for getting HIV?

If you get an STD, you are more likely to get HIV than someone who is STD-free. This is because the same behaviors and circumstances that may put you at risk for getting an STD also can put you at greater risk for getting HIV. In addition, having a sore or break in the skin from an STD may allow HIV to more easily enter your body. If you are sexually active, get tested for STDs and HIV regularly, even if you don't have symptoms.

What activities can put me at risk for both STDs and HIV?

- Having anal, vaginal, or oral sex without a condom;
- Having multiple sex partners;
- Having anonymous sex partners;
- Having sex while under the influence of drugs or alcohol can lower inhibitions and result in greater sexual risk-taking.

What can I do to prevent getting STDs and HIV?

The only 100% effective way to avoid STDs is to not have vaginal, anal, or oral sex. If you are sexually active, you can do the following things to lower your chances of getting STDs and HIV:

- Choose less risky sex activities;
- Use a new condom, consistently and correctly, for every act of vaginal, anal, and oral sex throughout the *entire* sex act (from start to finish);
- Reduce the number of people with whom you have sex;
- Limit or eliminate drug and alcohol use before and during sex;
- Have an honest and open talk with your healthcare provider and ask whether you should be tested for STDs and HIV;

- Talk to your healthcare provider and find out if either pre-exposure prophylaxis, or PrEP, or post-exposure prophylaxis, or PEP, is a good option for you to prevent HIV infection.

If I already have HIV, and then I get an STD, does that put my sex partner(s) at an increased risk for getting HIV?

It can. If you already have HIV, and then get another STD, it can put your HIV-negative partners at greater risk of getting HIV from you.

Your sex partners are less likely to get HIV from you if you

- Get on and stay on treatment called antiretroviral therapy (ART). Taking HIV medicine as prescribed can make your viral load very low by reducing the amount of virus in your blood and body fluids. HIV medicine can make your viral load so low that a test can't detect it (an undetectable viral load). If your viral load stays undetectable, you have effectively no risk of sexually transmitting HIV to HIV-negative partners, even if you have other STDs.
- Choose less risky sex activities.
- Use a new condom, consistently and correctly, for every act of vaginal, anal, and oral sex throughout the *entire* sex act (from start to finish).

The risk of getting HIV also may be reduced if your partner takes PrEP medications, as prescribed, after discussing this option with his or her healthcare provider and determining whether it is appropriate. When taken as prescribed, PrEP medications are highly effective for preventing HIV from sex. PrEP is much less effective if it is not taken consistently. Since PrEP does not protect against other STDs, use condoms the right way every time you have sex.

Will treating STDs prevent me from getting HIV?

No. It's not enough.

If you get treated for an STD, this will help to prevent its complications, and prevent spreading STDs to your sex partners. Treatment for an STD other than HIV does not prevent the spread of HIV.

If you are diagnosed with an STD, talk to your doctor about ways to protect yourself and your partner(s) from getting reinfected with the same STD, or getting HIV.

Las ETS y el VIH

[cdc.gov/std/spanish/vih/stdfact-hiv-and-stds-s.htm](https://www.cdc.gov/std/spanish/vih/stdfact-hiv-and-stds-s.htm)

Si tiene una enfermedad de transmisión sexual (ETS), tiene más probabilidades de contraer o transmitir el VIH.

¿Algunas ETS se asocian al VIH?

Sí. En los Estados Unidos, las personas que contraen sífilis, gonorrea y herpes a menudo también tienen el VIH, o tienen más probabilidades de contraer este virus en el futuro.

¿Por qué tener una ETS me pone en mayor riesgo de contraer el VIH?

Si contrae una ETS, tiene más probabilidades de contraer el VIH que una persona que no tiene una enfermedad de transmisión sexual. Esto se debe a que los mismos comportamientos y circunstancias que lo pueden poner en riesgo de contraer una ETS también lo pueden poner en mayor riesgo de contraer el VIH. Además, si tiene una llaga o herida en la piel causada por una ETS, el VIH podría entrar con más facilidad al cuerpo. Si es sexualmente activo, hágase pruebas de detección de las ETS y el VIH, aunque no tenga síntomas.

¿Qué actividades me pueden poner en riesgo de contraer tanto enfermedades de transmisión sexual como el VIH?

- Tener relaciones sexuales anales, vaginales u orales sin condón;
- tener múltiples parejas sexuales;
- tener parejas sexuales anónimas;
- tener relaciones sexuales bajo la influencia del alcohol o de drogas puede hacer que se inhiba menos y se involucre en más comportamientos sexuales de riesgo.

¿Qué puedo hacer para evitar contraer las ETS y el VIH?

La única manera 100 % eficaz de evitar las ETS es no tener relaciones sexuales vaginales, anales ni orales. Si usted es sexualmente activo, puede hacer las siguientes cosas para disminuir las probabilidades de contraer una ETS y el VIH:

- Elija actividades sexuales de menor riesgo.
- Use un condón nuevo para cada acto sexual vaginal, anal u oral y durante *todo* el acto sexual (de principio a fin).
- Reduzca la cantidad de personas con las que tiene relaciones sexuales.
- Limite o elimine el consumo de drogas y alcohol antes de tener relaciones sexuales y durante estas.

- Tenga una conversación franca y abierta con su proveedor de atención médica y pregúntele si debe hacerse pruebas de detección de ETS y del VIH.
- Hable con su proveedor de atención médica y averigüe si la profilaxis preexposición o PrEP o la profilaxis posexposición o PEP son una buena opción para usted para prevenir la infección por el VIH.

Si ya tengo el VIH y luego contraigo una ETS, ¿eso pone a mi pareja sexual (o parejas sexuales) en mayor riesgo de contraer el VIH?

Puede que sí. Si usted ya tiene el VIH y luego contrae otra ETS, esto puede poner a sus parejas sexuales VIH negativas en mayor riesgo de contraer el VIH de usted.

Sus parejas sexuales tienen menos probabilidades de contraer el VIH si usted hace lo siguiente:

- Inicia y continúa el tratamiento llamado terapia antirretroviral (TARV). Tomar medicamentos para el VIH según las indicaciones puede hacer que su carga viral sea muy baja al reducir la cantidad de virus en la sangre y los líquidos corporales. Los medicamentos para el VIH pueden reducir su carga viral tanto que la prueba no puede detectarla (una carga viral indetectable). Si su carga viral se mantiene indetectable, usted no tiene efectivamente ningún riesgo de transmitirle el VIH a través de las relaciones sexuales a una pareja que sea VIH negativa.
- Elige actividades sexuales de menor riesgo.
- Usa un condón nuevo para cada acto sexual vaginal, anal u oral y durante *todo* el acto sexual (de principio a fin).

El riesgo de contraer el VIH también puede reducirse si su pareja recibe la PrEP después de hablar de esta alternativa con su proveedor de atención médica y determinar si es adecuada. Si se toma a diario, la PrEP es altamente eficaz para prevenir contraer el VIH a través de las relaciones sexuales. La PrEP es mucho menos eficaz si no se la toma de manera constante. Debido que la PrEP no protege de otras ETS, use condones de la forma correcta cada vez que tenga relaciones sexuales.

¿El tratamiento contra las ETS evitará que contraiga el VIH?

No. Eso no es suficiente.

Si recibe tratamiento contra una ETS, esto ayudará a prevenir complicaciones y evitará que se la transmita a sus parejas sexuales. El tratamiento contra una ETS que no sea el VIH no previene la propagación del VIH.

Si le diagnostican una ETS, hable con su médico acerca de cómo puede protegerse y proteger a su pareja (o parejas) para evitar que se vuelvan a infectar con la misma ETS o que contraigan el VIH.

Diseases & Related Conditions

 [cdc.gov/std/general/default.htm](https://www.cdc.gov/std/general/default.htm)

What are STDs?

Sexually transmitted diseases (STDs), also known as sexually transmitted infections (STIs), are very common. Millions of new infections occur every year in the United States.

STDs pass from one person to another through vaginal, oral, and anal sex. They also can spread through intimate physical contact like heavy petting, though this is not very common.

STDs don't always cause symptoms or may only cause mild symptoms. Therefore, it is possible to have an infection and not know it. That is why getting an STD test is important if you are having sex. If you receive a positive STD diagnosis, know that all are treatable with medicine and some are curable entirely.

STDs are preventable. If you have sex, know how to protect yourself and your sex partner(s) from STDs.

Bacterial Vaginosis

BV is a common, treatable, vaginal condition which can increase your chance of getting an STD.

Chlamydia

Chlamydia is a common, but treatable, STD. If left untreated, chlamydia can make it difficult for a woman to get pregnant.

Gonorrhea

Gonorrhea is a common STD that can be treated with the right medication. If left untreated, gonorrhea can cause very serious health problems.

Hepatitis

Viral hepatitis is the leading cause of liver cancer and the most common reason for liver transplants.

Herpes

Genital herpes is a common STD, but most people with the infection do not know they have it. While there is no cure, there are medicines available that can prevent or shorten outbreaks. These medicines also can make it less likely to pass the infection on.

HIV/AIDS & STDs

People who have STDs are more likely to get HIV, when compared to people who do not have STDs.

Human Papillomavirus (HPV) Infection

HPV is the most common STI in the United States, but most people with the infection have no symptoms. HPV can cause some health effects that are preventable with vaccines.

Pelvic Inflammatory Disease (PID)

PID can lead to serious consequences including infertility.

STDs & Infertility

Chlamydia and gonorrhea can cause PID and infertility, but both are preventable.

STDs during Pregnancy

For a healthier baby, ask your doctor about STD testing.

Syphilis

Syphilis can have very serious problems when left untreated. It is simple to cure with the right treatment.

Trichomoniasis

Most people who have trichomoniasis do not have any symptoms.

Other STDs

Chancroid, scabies, and more.