



“Protecting People and the Environment”

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Sexually Transmitted Diseases



Information Symptoms Treatment Prevention

Chlamydia * HPV * Herpes * HIV/AIDS
Gonorrhea * Hepatitis B
Trichomoniasis
Syphilis
PID

What are STDs?

- Sexually Transmitted Diseases (STDs/STIs) are infections that are acquired through unprotected sexual contact, via bodily fluids or even skin-to-skin contact.
- STDs may be contracted through oral, vaginal and anal sex, and sometimes by genital touching.
- Some STDs can be passed to infants through childbirth or breastfeeding.
- Infections may be localized to sexual and reproductive organs, or may be generalized.
- Untreated STDs may lead to serious long-term health consequences, especially for young women.



Statistics

- There are about 19 million new STD infections in the United States each year.
- Half of all new infections are among young people 15-24 years of age.
- The following are risk factors for catching a sexually transmitted disease:
 - Being sexually active*
 - Starting sexual activities at an early age*
 - Having unprotected sex*
 - History of an STD*
 - Multiple sexual partners*
 - Using alcohol or drugs*
 - Being young*
 - Being female*
 - Being African American*
 - Having sex with men*
 - Having casual or anonymous sex*

Symptoms

It is important to remember that many people with an STD do not have any symptoms.

Chlamydia: Symptoms may show 7-28 days after having sex. Women: Vaginal discharge or bleeding, burning or painful urination. Men: Watery, white drip from penis, painful or burning urination, swollen or tender testicles.

HPV: Some types may cause genital warts: small, itchy, bumpy warts on the sex organs and anus that may go away and come back. Some types of HPV may cause cervical cancer in women.

Herpes: Symptoms usually show up within 30 days of having sex. Flu-like feelings. Small, painful blisters on the sex organs or mouth. Blisters last 1-3 weeks, go away and may come back.

HIV/AIDS: May be present for years without symptoms. Unexplained weight loss or fatigue. Diarrhea, constant flu-like feelings. White spots in mouth.

Symptoms

Gonorrhea: Symptoms may show 2-21 days after having sex. Women: Thick yellow or gray vaginal discharge. Abnormal periods and abdominal cramps. Men: Thick yellow or green drip from penis. Swollen or tender testicles.

Hepatitis B: Symptoms may show 1-9 months after viral contact. Tiredness and constant flu-like feelings. Yellowish skin. Dark urine.

Trichomoniasis: Women: Itching, burning or irritation in the vagina. Yellow, greenish or gray vaginal discharge. Men: Watery, white drip from the penis. Burning or painful urination. Need to urinate often.

Syphilis: 1st Stage: Painless sore(s) on the mouth or sex organs that show up 1-12 weeks after sex and last for 2-6 weeks. 2nd Stage: Rash anywhere on body. Flu-like feelings.

PID: (Pelvic Inflammatory Disease) in Women: Lower abdominal pain. Fever. Painful urination. Irregular periods. Foul-smelling and unusually-colored vaginal discharge.

Treatment

- It's very important to treat any STD right away. If untreated, some STDs may lead to a more serious infection, causing infertility, cancer, blindness, or even death.

- Many STDs may be treated and cured with antibiotics.



- Someone infected with an STD must tell their sexual partner so that they can also seek treatment.

- Seeking treatment may seem embarrassing, but it is the only way to get well.



Prevention

- Avoiding sexual activity is the best way to avoid STDs.

- If you have sex, use condoms every time to reduce the risk.

- Ask if your partner has been tested for STDs. Do not have sex with anyone who may be infected.

- Vaccines are available to help protect against some STDs.

- Get checked for STDs regularly at your healthcare provider clinic.



District Health Department #2 offers Sexually Transmitted Disease education, testing and treatment. FREE condoms are also available. For an appointment, please call 1-800-504-2650.