

## STDs

Sexually transmitted diseases or STDs affect people of all ages, backgrounds, and from all walks of life. In the U.S. alone there are approximately 20 million new cases each year, about half of which occur among youth ages 15-24 years.

Getting the facts about STDs and sexual health is increasingly important. We encourage you to learn more about specific STDs and tips for reducing your risk for infection.

**Some Common STDs** (*Click on each STD for more information*)

### Bacterial STDs:

- [Gonorrhea](#)
- [Chlamydia](#)
- [Syphilis](#)
- [Trichomoniasis](#)

### Viral STDs:

- [Herpes Simplex Virus \(HSV1\): Oral Herpes/Cold Sores](#)
- [Herpes Simplex Virus \(HSV2\): Genital Herpes](#)
- [Human Immunodeficiency Virus \(HIV\)](#)
- [Acquired Immune Deficiency Syndrome \(AIDS\)](#)
- [Human Papilloma Virus \(HPV\)](#)

To view photos of expressed STDs, [click here](#).

## STD Prevention

*Abstinence* - The most reliable way to avoid infection is to not have sex (i.e., anal, vaginal or oral).

*Vaccination* - Vaccines are safe, effective, and recommended ways to prevent hepatitis B and HPV. HPV vaccines for males and females can protect against some of the most common types of HPV. It is best to get all three doses (shots) *before becoming sexually active*. However, HPV vaccines are recommended for all teen girls and women through age 26 and all teen boys and men through age 21, who did not get all three doses of the vaccine when they were younger. You should also get vaccinated for hepatitis B if you were not vaccinated when you were younger.

*Reduce the number of Sex partners* - Reducing your number of sex partners can decrease your risk for STDs. It is still important that you and your partner get tested, and that you share your test results with one another.

*Mutual Monogamy* - Mutual monogamy means that you agree to be sexually active with only one person, who has agreed to be sexually active only with you. Being in a long-term mutually monogamous relationship with an uninfected partner is one of the most reliable ways to avoid STDs. But you must both be certain you are not infected with STDs. It is important to have an open and honest conversation with your partner.

*Use condoms* - Correct and consistent use of a condom is highly effective in reducing STD transmission. Use a condom every time you have anal, vaginal, or oral sex. If you have latex allergies, synthetic non-latex condoms can be used. But it is important to note that these condoms have higher breakage rates than latex condoms. Natural membrane condoms are not recommended for STD prevention.

[The right way to use a male condom](#)