

STI Prevention

Abstinence (not having vaginal, anal or oral sex) is the safest way to avoid sexually contracted STIs

If you choose to be sexually active be tested for STIs along with your partner *before* engaging in any sexual activity

Avoid sex with multiple partners

Inform your partner if you have a STI

Communicate with your partner

Use protective barriers such as latex condoms and/or oral dams during sex of any type from start to finish

Avoid excessive douching

Do not shave infected areas

If you are sexually active and under 25, get tested annually for Chlamydia and Gonorrhea (CDC)

Get vaccinated (HPV, Hepatitis B)

www.CDC.gov



08/2015

STI Clinical Schedule

**Albion Clinic: 214 E. Michigan Ave
(517)-629-9434**

**Battle Creek: 190 E. Michigan Ave
(269)-969-6363**

**Mon-Thur 8:00-11:00 & 1:00-3:30
Friday 8:00-11:00**

Testing available for:

***Hepatitis B, Hepatitis C, HIV,
Syphilis, Gonorrhea, Chlamydia,
Trichomoniasis***

Confidential clinic serves those 13 years of age and older.

FREE HIV testing and counseling using Rapid testing – results in 20 minutes much like a blood sugar or glucose test with a finger poke!

STD testing offered with charges based on services provided.

Please ask about information for our sliding scale – payment may be based on income.

Vision: "The healthiest community for life and living.

Mission: "Enhance our community's total well-being by promoting healthy lifestyles, protecting health, and preventing



Sexually Transmitted Infections In Females



**Calhoun County Public Health Department
Nursing Clinic**

how
where
when
why
what
whose
who

What are STIs?

Sexually Transmitted Infections or STIs are infections passed from person to person through close sexual contact. These include chlamydia, gonorrhea, genital herpes, human papillomavirus (HPV), syphilis, Hepatitis B, and HIV.

Both men and women are affected, with 20 million new infections occurring each year. Almost half of these new infections are found in young people ages 15-24. Young people are at greater risk of getting a STI for several reasons:

- Young women's bodies are biologically more susceptible to STIs.
- Some young people do not get the recommended STI tests.
- Many young people are hesitant to talk openly and honestly with a doctor or nurse about their sex lives.
- Some young people have more than one sex partner.
- Not having insurance or transportation can make it more difficult for young people to access STI testing.

How are STIs spread?

You can get a STI by having sex (vaginal, anal or oral) with someone who has a STI. Anyone who is sexually active can get a STI. You don't even have to "go all the way" (have oral, anal or vaginal sex) to get a STI, since some STIs, like herpes and HPV, are spread by skin-to-skin contact (CDC, 2015).

What are the symptoms?

- Vaginal itching
- Foul vaginal or rectal discharge
- Pain or burning when peeing
- Need to urinate more often
- Pain during sexual intercourse
- Bleeding between periods
- Pain in lower stomach, fever
- Sores or blisters on genitals or mouth
- ***No symptoms***

How do I know if I have a STI?

Many STIs don't cause any symptoms that you would notice, so the only way to know for sure if you have a STI is to **get tested**. You can get a STI from having sex with someone who has no symptoms. Just like you, that person might not even know he or she has a STI.

Where can I get tested?

STI testing is available at both the Battle Creek and Albion health department nursing clinics. (See back for locations and times).

How will I be tested?

The nurse will look at your skin, mouth and genital area for rashes and sores. If needed the nurse will take a sample of your blood, urine (pee), or take a tissue sample from your vaginal, anal or oral areas. Test results may take 2-3 days, and be available in your patient portal. You may be started on a treatment plan before you leave.

Risk Factors

Unprotected sex

Being an adolescent female

Weakened immune system

Multiple sex partners

Sexual assault

Sharing equipment

History of STIs

the **Risk** is **NOT**
knowing.
Get tested.