

HELP PROTECT AGAINST SEXUALLY TRANSMITTED INFECTIONS (STI) : 10 QUICK FACTS

TAKING CARE OF YOURSELF IS THE FIRST STEP

- STIs such as chlamydia, gonorrhea, syphilis, congenital syphilis, and HIV have high rates in Fresno
- STIs often do not have symptoms. When symptoms occur, they can be non-specific
- If you had vaginal sex, anal sex, or oral sex even once without a condom, get tested
- Recommended screenings, such as PAP-smears are very important. But they do not detect STIs. Ask your provider for an STI panel
- Untreated STIs have serious health risks for men, women, and developing babies. STIs can lead to infertility, preterm birth, pregnancy loss, and other long-term health issues. Health problems can be more severe for women
- STIs do not go away on their own. You need medication to get better and must take precautions to stop the spread
- If you get infected, the symptoms can be treated, and the risks of infecting others can be reduced
- For some STIs such as genital herpes or HIV, there is no cure. But antiviral medication can help manage symptoms and help you have a healthier life
- You can order at-home STI test kits for free and come in a discrete package. Visit
 - **takemehome.org** or
 - **fresno.dontthinkknow.org/#**
- If you are pregnant, testing for chlamydia, gonorrhea, syphilis, HIV, hepatitis B, and hepatitis C during the first prenatal visit can be a lifesaver for the baby.

BWPC can help you with:

- Referrals to get urine and blood tests!
- Access free and low-cost reproductive health resources

Visit **blackwpc.org**

Guidance created by

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