

Tips and Resources

# Sexually Transmitted Infections



## What are STIs?

Sexually transmitted infections (STIs) are infections that are spread from one person to another, usually during vaginal, anal, and oral sex. They're really common, and lots of people who have them don't have any symptoms. Without treatment, STIs can lead to serious health problems. But the good news is that getting tested is no big deal, and most STIs are easy to treat.

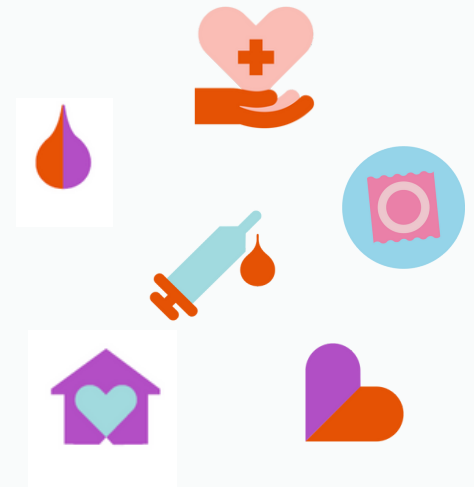
The CDC estimates that there are millions of new STI infections in the US each year.



Anyone who is sexually active could be infected with an STI.

To prevent STI's there are some steps you can take:

- Practice abstinence: this means not having vaginal, oral, or anal sex
- Talk to your partner(s) about safe sex
- Use male condoms
- Get the HPV vaccine to prevent the most common STI
- Have fewer sexual partners
- Get tested for STI's regularly



CommunityHealth is here for you! Talk to your medical care team about sexual health and testing.

For more information visit: <https://www.cdc.gov/std>