



Sexually Transmitted Infections (STIs)

At Alameda Alliance for Health (Alliance), we are here to help you take charge of your health. You can use this guide to learn more about sexually transmitted infections (STIs).

WHAT ARE STIs?

- STIs are infections that you can get through sexual contact, including vaginal, anal, and oral sex. They cause sexually transmitted diseases (STDs).
- STIs are common and can affect any person who has sex, both men and women.
- There are over 20 types of STIs.

COMMON STIs:

- Chlamydia
- Genital herpes
- Gonorrhea
- Hepatitis B
- HIV/AIDS
- Human papillomavirus (HPV)
- Syphilis
- Trichomoniasis



PREVENTING STIs

- You can get vaccines to help prevent HPV and hepatitis B. Ask your doctor about these vaccines.
- Reduce the number of partners. The safest is for you and your partner to agree to only have sexual contact with each other. Talk with your partner(s) about staying safe before having sex. Make sure to get tested and share the results with each other.
- Use a condom every time you have sex. Latex or plastic condoms offer the best protection. Don't forget to check the expiration date and read the package. If you need condoms, your doctor can prescribe them for you.
- The surest way to avoid an STI is to not have vaginal, oral, or anal sex. This is called abstinence.

TESTING FOR AND TREATING STIs

- Get regular checkups and ask your doctor when you should get tested.
- Many STIs don't have symptoms, but they can still cause health problems. The only way to know if you have one is to get tested. You may need blood, urine, or swab tests.
- If you are 12 or older, you can get STI care without consent from your parent or guardian.
- If you test positive, make sure you take the medicine in the correct way. Use only the medicines prescribed for you.
- Ask your doctor about testing and treatment for your partner. Avoid having sex until you have both been treated.

WHEN YOU HAVE AN STI YOU MAY HAVE ONE OR MORE OF THESE SYMPTOMS:

- Discharge from the vagina or penis
- Burning or pain when you urinate
- Painful or tender groin area
- Sores or bumps that can be painful or itchy in the genital area

If you have any symptoms, ask your doctor what STI tests and treatments can help.

FIND STI TESTING SITES NEAR YOU:

- Alameda County Family Health Line Toll-Free: **1.888.604.4636** (Interpreter offered)
- Centers for Disease Control and Prevention: **gettested.cdc.gov**
- Don't Think Know (chlamydia & gonorrhea testing): **alameda.dontthinkknow.org**



If you need help finding a doctor, please call:

Alliance Member Services Department

Monday – Friday, 8 am – 5 pm

Phone Number: **1.510.747.4567**

Toll-Free: **1.877.932.2738**

CRS/TTY: **711/1.800.735.2929**

www.alamedaalliance.org

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