

# ican! prevent the spread of STIs + HIV

Sexually transmitted infections (STIs) are spread when semen, vaginal fluid, or blood comes into contact with the mouth, penis, vagina, anus, or eyes. Some STIs can spread through open skin or blisters. Many STIs don't have symptoms and if left untreated can cause more serious issues. **Inform your clients that routine testing can keep them, their partner(s), and if they're pregnant, their baby, safe and healthy!**

## DECREASING THE SPREAD OF STIS AND HIV:



- **Barrier methods:** Correct and consistent use of condoms. Remind clients to ask their provider for a condom prescription - they can get this filled at a pharmacy for free with IL Medicaid.
- **Vaccinations:** There are vaccines to prevent transmission (such as HPV or Hep A/B). If your client isn't sure if they've been vaccinated for Hepatitis B, they can ask their doctor for a blood test. HPV vaccination is recommended for all genders starting at age 11 to prevent cancer!
- **Routine testing:** Recommended yearly when clients are <25, have a new sexual partner(s), have frequent unprotected sex or IV drug use. Done through a urine, blood sample, and/or genital swab.
- **Abstinence:** Not having sex or sexual contact.

Anyone 12+ can get birth control and STI and HIV testing without parent or guardian consent in Illinois.

## STI PREVENTION MEDS

**EPT:** Expedited Partner Therapy meds for client *and* their partner(s) if diagnosed with Chlamydia/Gonorrhea.

**DoxyPEP:** A single course of meds taken within 72 hours of unprotected sex to prevent bacterial STIs.

## HIV PREVENTION MEDS

**PrEP:** Pre-exposure Prophylaxis is a daily pill or every other month injection to prevent HIV.

**PEP:** 28 days of meds taken within 72 hours of unprotected sex/exposure to prevent HIV.

COMMON STIS	CHLAMYDIA	GONORRHEA	HERPES	HIV	HPV	M-POX	SYPHILIS	TRICH (TRICHOMONIASIS)
<b>SYMPTOMS</b>	Pain with peeing or sex, unusual discharge and itching, or no symptoms.	Pain with peeing or sex, unusual discharge and itching, or no symptoms.	First outbreak- very painful bump(s) that burn and may blister and dry up.	Flu like symptoms, swollen lymph nodes, but often nothing obvious.	Small bumps or cauliflower-like warts. Mild pain, itching, bleeding.	Flu like symptoms with a rash that blisters and dries on chest, hands, feet, or genitals.	Single sore lasting 3-6 weeks, sometimes with rash on palms or soles of feet.	Bad smell, unusual discharge, genital irritation, or no symptoms.
<b>TESTING</b>	Urine sample or swab at site of infection.	Urine sample or swab at site of infection.	Sample of fluid from the blistering lesion. Blood test is less reliable.	Swab from inside the mouth, or blood from a finger prick or hand, inside elbow vein.	Cervical cancer can be detected from routine pap smears starting at age 21.	Swab from one or more rashes present on the body.	Blood from a finger prick or the or hand, inside elbow vein.	Sample for provider to view under the microscope or swab at site of infection.
<b>TREATING</b>	Oral antibiotics for 7 days or single dose. Wait 7 days after the single treatment.	Injection into arm, butt or belly. Oral meds also available if you can't get the shot.	No treatment. Oral meds can prevent outbreaks and lessen symptoms.	No treatment but oral meds can suppress the virus and decrease risk of AIDS.	Burning or freezing of warts. Surgical management for cervical cancer.	Meds for immunocompromised (not needed for healthy people).	Antibiotics. Dosage and length of treatment depends on stage of syphilis.	Antibiotics for one day (males) to seven days (females).
<b>GOOD TO KNOW</b>	Can cause female infertility (Pelvic Inflammatory Disease) when left untreated.	Resistance to many drugs. Must complete all meds. Commonly tested with Chlamydia 2x during pregnancy	Oral herpes can be unrelated to sex. Recurrent outbreaks are less severe.	Pre and post exposure meds available. Managed like a chronic disease	Two classes of HPV: causes warts or causes cervical cancer. 2-3 dose vaccine for prevention.	2 dose vaccine recommended. Associated with smallpox.	Can spread to baby if pregnant. Important to do multiple tests during pregnancy.	Most common curable STI. Often doesn't have symptoms

FOR A FULL LIST OF STIS, VISIT [WWW.CDC.GOV/STI/ABOUT/](http://WWW.CDC.GOV/STI/ABOUT/)

## RECOMMEND A HEALTH CENTER

Scan the QR code to find a health center in your area that offers low or no cost STI+HIV testing. Providers in this directory also offer primary care and low- or no-cost birth control.

