

HIV/STD

Know the **Facts** and **Protect Yourself**

*There are risks
to having sex.
You could get
a sexually
transmitted
disease (STD).
Here's what you
should know.*

WHAT ARE STDs?

An STD is a disease that you can get from having sex or from body fluids. STDs can cause major health problems.

HOW TO PREVENT STDs

Do not have sex with someone who has an STD. Avoid contact with their body fluids and open sores. If your partner does not know if they have an STD, use a condom. Be careful—it can break.

WHY SHOULD I GET SCREENED?

Some STDs do not have symptoms. That is why you need to get screened if you are having sex. This way you can receive treatment and will not spread the disease. You can also protect your baby if you are pregnant. Mothers with STDs have a high chance of giving the disease to their unborn baby.

A Pap smear test detects cancer of the cervix. It is not a test for STDs.

WHAT IS HIV?

HIV is the virus that causes the STD called AIDS. There is no cure, but treatment can help a patient feel better and live longer.

HOW TO PREVENT HIV

You **cannot** get HIV from water fountains or toilets. You **can** get HIV

from having contact with someone's body fluids, which include:

- ▶ Blood
- ▶ Semen
- ▶ Woman's body fluids
- ▶ Mothers can also transfer the disease to their baby through their breast milk

Have safer sex. "Safer sex" means sex with someone who has been tested and is not having risky sex with other partners. Your partner may not know if they have HIV, because someone with HIV may not have symptoms. If you aren't sure, use a condom. Don't forget—it can break.

HIV is also spread through the use of needles. If you inject drugs, use a new needle each time. Never share.

Having sex is not worth getting sick or losing your life. The only way to know if you have HIV is to get tested. Know the facts. Don't take risks, and get tested.